



GAY MAN'S COACHING



# RECIPE BOOK

2024



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# BREAKFAST PANCAKES

SERVINGS: 1

283

KCAL

PROTEIN

19

G

CARBS

45

G

FATS

4

G



## INGREDIENTS

340g Oats

Half a teaspoon Baking Powder

Half a teaspoon Ground cinnamon

Half a medium banana (roughly 50g)

2 large egg whites

60g Fage 0% Greek Yoghurt

A dash of unsweetened almond milk

1/2 tsp vanilla extract

## METHOD

Blitz the ingredients with a food processor (I recommend using a handheld one for convenience) until the oats are smooth and the mixture is frothy.

Heat a non stick pan to a medium heat and spray some 1 cal frying spray to the pan. Pour some of the mixture into the pan to make a desired size. Cook for approximately 1 minute per side flipping with a spatula half way through.

Remove from the heat and serve with toppings of your choice.





# BAKED EGGS

SERVINGS: 1

320

KCAL

PROTEIN

23

G

CARBS

22

G

FATS

16

G

## INGREDIENTS

2 eggs

Half a white onion

1 tsp Olive Oil

1 tbsp Tomato Puree

Half Tin Chopped Tomatoes

50g Cottage Cheese

1 clove garlic

Half Red Pepper

Dash of ground cumin

Dash of smoked paprika

Sprinkle chilli flakes

Handful Coriander

## METHOD

Preheat oven to 180 degrees. Heat olive oil in pan. Cook onion, pepper and season with salt in the pan. Add the garlic, tomato paste, cumin, paprika and red pepper flakes. Cook, stirring constantly for 1 to 2 minutes.

Pour in the chopped tomatoes and add the coriander. Let the mixture come to a simmer for 5 minutes. Take the pan off the heat and season.

Use the back of a spoon to make a well in the sauce and crack the egg into it. Gently spoon a bit of the tomato mixture over the whites to help contain the egg. Repeat with the remaining egg.

Transfer to the oven for approximately 8 minutes until whites are opaque. Allow to cool and top with cottage cheese and coriander.





# BREAKFAST BAP

SERVINGS: 1

332

KCAL

PROTEIN

27

G

CARBS

33

G

FATS

9

G

## INGREDIENTS

- 1 breakfast muffin
- 2 bacon medallions
- 1 egg
- 10g Low Low Cheese

## METHOD

Egg can be cooked to personal preference in this recipe. If you wish to increase protein content simply add another egg white or bacon medallion. To lower fats you can simply eliminate the cheese.

Toast breakfast muffin while cooking egg e.g. frying (with one cal spray) or poaching. Grill bacon medallions for approximately 6 minutes per side.

Assemble into a delicious easy peasy breakfast sandwich.



# COTTAGE CHEESE TOAST

SERVINGS: 1

<b>411</b> KCAL	<b>PROTEIN</b> <b>37</b> G	<b>CARBS</b> <b>47</b> G	<b>FATS</b> <b>8</b> G
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## INGREDIENTS

- 2 slices toast
- 1/2 cup of cottage cheese
- 1/4 avocado
- 1 teaspoon sesame seeds

## METHOD

There is zero method or prep time for this recipe! Toast two slices of wholewheat bread.

Spread cottage cheese, avocado and seeds on top to garnish and voila! A high protein breakfast ready in 5 minutes.





# LIGHT & CREAMY CHICKEN PASTA

SERVINGS: 1

353

KCAL

PROTEIN

36

G

CARBS

39

G

FATS

8

G



## INGREDIENTS

100g grilled chicken  
1 bacon medallion  
30g light philadelphia  
50g dry pasta mushrooms  
onion  
peas  
half a clove of garlic

## METHOD

Start by sautéing onion and garlic in some one cal cooking spray until softened. Add in diced up bacon and grilled chicken. Cook for several minutes until piping hot and bacon is cooked.

In a separate pan cook pasta in salted boiling water until cooked.

Add mushrooms and peas to chicken and bacon and season with onion powder, garlic powder, salt, pepper to taste.

Drain pasta and add to chicken bacon mix. Take off the heat and add philadelphia stirring until the residual heat melts the cheese into a light and creamy sauce.





# CHICKEN FRIED RICE

SERVINGS: 1

329

KCAL

PROTEIN

32

G

CARBS

33

G

FATS

9

G

## INGREDIENTS

- 80g grilled chicken
- 1 bacon medallion
- 1 egg
- 125g basmati rice onion
- peas
- half a clove of garlic
- 1 tbsp light soy sauce

## METHOD

Start by sautéing onion and garlic in some one cal cooking spray until softened. Add in diced up bacon and grilled chicken. Cook for several minutes until piping hot and bacon is cooked.

Add in peas or other vegetables of your choice. Add basmati rice to frying pan. Season with salt and pepper.

Whisk egg and add to the frying pan. Keep stirring the rice chicken and egg mixture so the egg spreads evenly through the mixture. Add the soy sauce and keep the mixture moving. Remove from the heat and serve.





# CHICKEN ARRABIATA

SERVINGS: 1

295

KCAL

PROTEIN

24

G

CARBS

41

G

FATS

3

G



## INGREDIENTS

- 80g grilled chicken
- 50g dried penne pasta
- Half an onion
- Half a red chilli deseeded
- 100g passata
- 1 chicken stock cube
- Fresh basil and dried oregano
- half a clove of garlic

## METHOD

Start by sautéing onion and garlic in some one cal cooking spray until softened. Add in diced up bacon and grilled chicken. Cook for several minutes until piping hot and bacon is cooked.

Add in peas or other vegetables of your choice. Add basmati rice to frying pan. Season with salt and pepper.

Whisk egg and add to the frying pan. Keep stirring the rice chicken and egg mixture so the egg spreads evenly through the mixture. Add the soy sauce and keep the mixture moving. Remove from the heat and serve.





# CAJUN SALMON

SERVINGS: 1

354

KCAL

PROTEIN

25

G

CARBS

23

G

FATS

17

G

## INGREDIENTS

1 Salmon Darne (approx 120g)

Juice of half a lime

Chilli Powder

Cayenne Pepper

Cumin

Paprika

150g baby potatoes cut into wedges / cubes

One cal cooking spray

## METHOD

Preheat oven to 180 degrees.

Begin by placing the baby potatoes in a microwaveable dish and cooking for 5 minutes in the microwave (this will save so much time in the oven.) After microwaving, spray with some one cal spray and season the potatoes with salt, pepper, paprika, cayenne pepper. Place on a baking tray and cook for 25 minutes in a preheated oven.

Place salmon on a baking tray lined with tin foil. Squeeze the juice of half a lime over the fish and follow with the outlined seasoning or seasoning of your choice. The lime juice will help the seasoning stick to the fish. Parcel up the fish in the tinfoil and bake for 15 minutes.

Open the tin foil for the remaining 10 minutes to allow the fish to go nice and crispy.





# THAI PRAWN STIRFRY

SERVINGS: 1

282

KCAL

PROTEIN

26

G

CARBS

41

G

FATS

1

G

## INGREDIENTS

- 100g raw tiger prawns
- Green chilli chopped
- Half a garlic clove crushed
- Juice of half a lime
- 1 tbsp fish sauce
- 1 inch piece fresh ginger chopped
- 2 spring onions finely chopped
- Half red pepper finely sliced
- Handful Beansprouts
- Sugarsnap peas

## METHOD

Heat ginger, garlic and spring onion in a pan on a medium heat. Add red pepper until it begins to soften. Add green chilli and tiger prawns. Add juice of lime and fish sauce and reduce the heat.

Cook prawns until they change in colour to an opaque pale pink colour. Add vegetables of your choice until cooked with a slight bite. Be careful not to overcook prawns.

Serve with rice or noodles or zucchini noodles for a low carb option.



# THAI GREEN CURRY

SERVINGS: 4

535

KCAL

PROTEIN

39

G

CARBS

46

G

FATS

21

G



## INGREDIENTS

### For the curry paste:

- 3 chillies (deseeded and finely chopped)
- 3 garlic cloves
- A big handful of coriander (stalks removed)
- 3cm cube ginger
- 1 lime (juice & zest)
- 2 lemongrass stalks
- 1 tsp. ground cumin
- A small handful of basil
- 1 tsp. ground black pepper
- 1 tbsp. olive oil 2 tbsp. fish sauce

### For the rest:

- 1 tbsp. 100% Coconut Oil
- 500g chicken breast (diced)
- 400ml light coconut milk
- Handful green beans (chopped in half)
- Handful baby corn (chopped)
- Handful mange tout (chopped)
- 2 spring onions (thinly sliced lengthways)
- 600g egg noodles
- Chopped cashew nuts (to garnish)

## METHOD

First, place all the curry paste ingredients into a blender or food processor and blend well until completely smooth.

Then, heat a tablespoon of coconut oil in a wok or large, deep frying pan and add your chicken. Season the chicken with salt and pepper and fry for 5-6 minutes, stirring regularly until it's cooked through, then set aside.

Add your curry paste to the pan and simmer for 2 minutes.

Then, add the coconut milk and your cooked chicken back to the wok, stir well and leave to simmer for 10 minutes.

Next add the green beans, mange tout, baby corn, and spring onions to the wok, stir gently, then cover and leave to simmer for 3-4 minutes.

Now, remove lid and add the egg noodles to the curry. Stir them in gently and you're ready to serve. Garnish with a sprinkle of coriander and chopped cashew nuts.





# QUESADILLA (BEEF)

SERVINGS: 1

554

KCAL

PROTEIN

43

G

CARBS

30

G

FATS

27

G

## INGREDIENTS

100g 5% lean beef mince

Half a medium avocado

30g Monterey Jack Cheese

Salt

Pepper

Paprika/ Fajita Seasoning/ Cayenne Pepper

One serving of homemade salsa Juice of 1 lime

1 Wholewheat Tortilla

## METHOD

Heat a pan over a medium heat and spray with zero cal cooking spray.

Add lean mince to the pan and season with salt, pepper and seasoning of your choice breaking up the mince as it cooks.

Once cooked fully remove from the pan and place aside.

Spray pan with non stick spray, cut tortilla in half and place half in the pan.

Layer half of the cheese, the mince, add in avocado, squeeze in your lime juice and add the homemade salsa and the remainder of the cheese.

Top with the remaining half of the tortilla wrap and place under a medium grill for 3-4 minutes until cheese is fully melted and wrap is nice and tasty!





# CRUNCHY CHICKEN GOUJONS

SERVINGS: 4

520

KCAL

PROTEIN

42

G

CARBS

27

G

FATS

14

G

## INGREDIENTS

- 3 tbsp plain flour
- 1 ½ tsp smoked paprika, plus extra for sprinkling
- 2 eggs
- 150g rice snaps or krispies, lightly crushed
- 600g chicken breasts, cut into 1 cm strips
- ½ tbsp olive oil
- 600g carrots, peeled and cut into thin 'fries'
- 350g frozen sliced green beans
- 100g low-fat Greek-style yogurt
- ½ lemon, juiced

## METHOD

Preheat the oven to gas 6, 200°C, fan 180°C. 2. Place the flour and paprika in a bowl; season.

Beat the eggs in a second bowl and put the rice snaps into a third.

Lightly dust the chicken strips in the flour, then dip in the egg, before coating in the rice snaps.

Put onto a lined baking tray and drizzle with half the oil.

Place the carrots on a second tray, drizzle with the remaining oil and season.

Put the chicken tray in the oven with the carrot tray underneath. Bake both for 20 mins, turning halfway through the cooking time, until the chicken is cooked through and the carrots are tender and turning golden.

Meanwhile, bring a pan of water to the boil and cook the beans according to the pack instructions.

Mix the yogurt with the lemon juice; season to taste.

To serve, divide the goujons, carrot fries and beans between 4 plates. Sprinkle a little paprika over the goujons. Add dollops of the yogurt dip to each plate.





# STICKY SESAME CHICKEN

SERVINGS: 2

405

KCAL

PROTEIN

44

G

CARBS

33

G

FATS

16

G



## INGREDIENTS

### For The Chicken

2x Chicken Breasts  
6tbsp Smash Instant Mashed Potato  
2x Eggs  
1tsp Sesame Seeds (plus extra for garnish)  
1tsp Chilli Flakes  
1tsp Powdered Stock (chicken/vegetable)  
Salt & Pepper (to taste)

### For The Sauce

4x Spring Onions (sliced thinly)  
3x Cloves Garlic (minced)  
1x Fresh Red Chilli (diced small) Fry Light  
4tbsp Dark Soy Sauce  
3/4 Pint Chicken Stock  
1tbsp Honey  
1tsp Sesame Seeds

## METHOD

### FOR THE CHICKEN

Preheat your oven to 180 degrees. Mix together the Smash, sesame seeds, chilli flakes, powdered stock and salt & pepper. Dice the chicken into chunks and set aside. Whisk the two eggs together. Spray a large baking tray with Fry Light. One by one dip the chicken pieces into the egg and then into the Smash mix, making sure they're covered all over. Place them separately on the baking tray. Spray with Fry light. Once all of the chicken is done, bake until crispy (aprox 15-20 minutes)

### FOR THE SAUCE

Over a high heat spray a frying pan with Fry Light and add the spring onions, garlic and chilli to stir fry. Add the soy sauce and chicken stock, then add the sesame seeds and honey. Reduce heat and simmer until thickened. Once the chicken is cooked add it to the sauce and stir until every piece of chicken is coated. Serve over sticky white rice and fresh steamed vegetables!





# JERK CHICKEN STACK

SERVINGS: 4

195

KCAL

PROTEIN

24

G

CARBS

1

G

FATS

7

G

## INGREDIENTS

- 2 large chicken breasts
- 28 grams panko breadcrumbs
- 1 tsp celery salt
- 1 tsp onion granules
- 1 tsp garlic granules
- 1 tsp paprika
- 1 tsp ground black pepper
- ½ tsp dried rosemary
- ½ tsp turmeric
- ½ tsp chilli powder
- 1 tbsp jerk seasoning
- 1 egg

## METHOD

Preheat the oven to 180°C.

Line a baking tray with parchment.

Add the panko breadcrumbs, celery salt, onion powder, garlic powder, paprika, black pepper, chilli powder, turmeric and jerk seasoning into a bowl and mix well.

In another bowl, beat the egg.

Slice the chicken breasts horizontally.

Dip each "burger" into the egg and then spicy breadcrumb mixture and place on the baking tray.

Spray each one with low calorie cooking spray and place in the oven for 20-25 minutes until golden brown.

Serve with your choice of accompaniment and garnish!





# MEXICAN POTATOES

SERVINGS: 4

115

KCAL

PROTEIN

3

G

CARBS

27

G

FATS

0

G



## INGREDIENTS

- 500 g white potatoes
- 1 small red onion chopped
- 2 tsp garlic granules
- ½ tsp chilli powder
- ½ tsp paprika
- 1 tsp ground cumin
- ½ tsp turmeric
- salt and pepper to taste
- low calorie cooking spray

## METHOD

Preheat the oven to 180°C.

Chop the potatoes into 2cm cubes and place into a microwaveable bowl.

Microwave for 3 minutes to soften slightly. Meanwhile, mix all the spices in a bowl.

Into the potatoes, add the chopped onion and spices. Mix thoroughly.

Place on a baking tray and spray with low calorie cooking spray.

Place in the oven for 10 minutes.

After this time, remove from the oven, turn the potatoes and spray again with low calorie cooking spray.

Cooking for a further 5-7 minutes until crispy and golden.



