



GAY MAN'S COACHING



THE OATS EDITION

RECIPE BOOK



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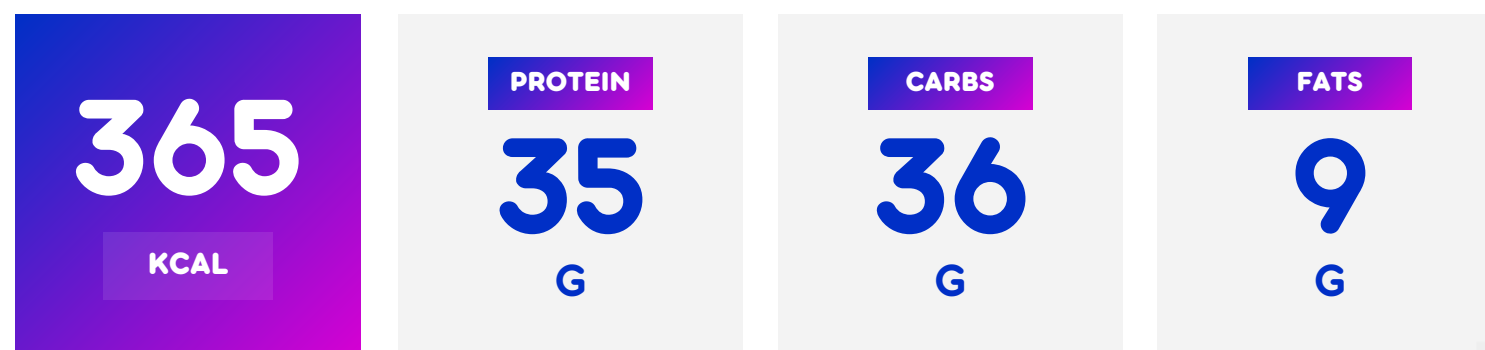
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WHITE CHOCOLATE & RASPBERRY OATS

PREP TIME : 5 MINS
CALORIES : 365 KCAL
SERVES : 1

WHITE CHOCOLATE & RASPBERRY OATS



INGREDIENTS

40g Oats 200mls Unsweetened Almond Milk
30g Whey Protein - (White Chocolate Or Vanilla)
25g Raspberries
2 Squares White Chocolate (Grated)

METHOD

Mix the oats, protein powder and the almond milk together until smooth and leave in the fridge over night.

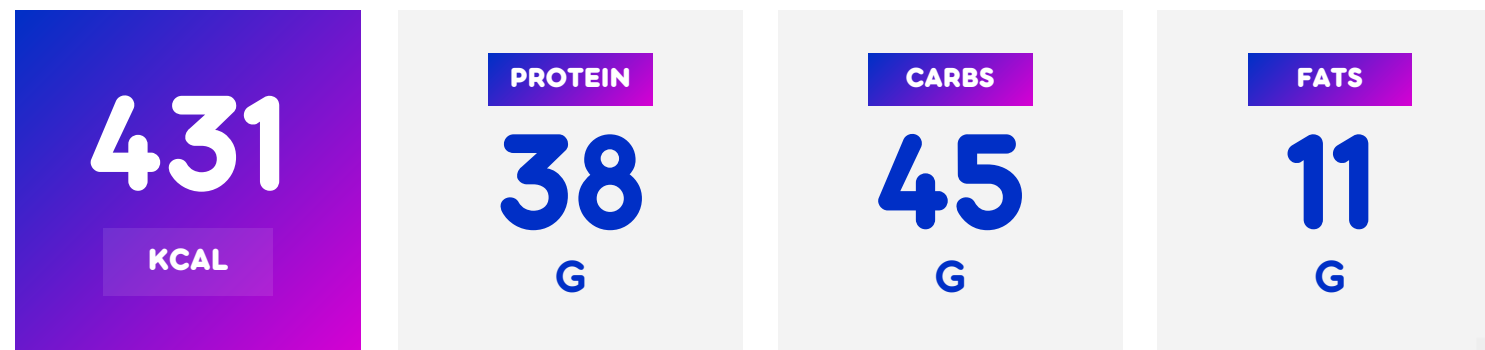
Add in the raspberries and grated white chocolate on top to serve.



STRAWBERRY CHEESECAKE OATS

PREP TIME : 5 MINS
CALORIES : 431 KCAL
SERVES : 1

STRAWBERRY CHEESECAKE OATS



INGREDIENTS

Dry Mix

40g Oats

Wet Mix

200mls Unsweetened Almond Milk

50g 0% Fat Greek Yoghurt

30g Strawberries

30g Whey Protein (Strawberry Or Vanilla))

METHOD

Place strawberries, protein powder, almond milk, and Greek yogurt into a food processor and process on high until fruit is almost puréed.

Transfer into a large bowl and add the oats. Mix with a spoon until combined.

Cover and place in the refrigerator for at least 2 hours or overnight.

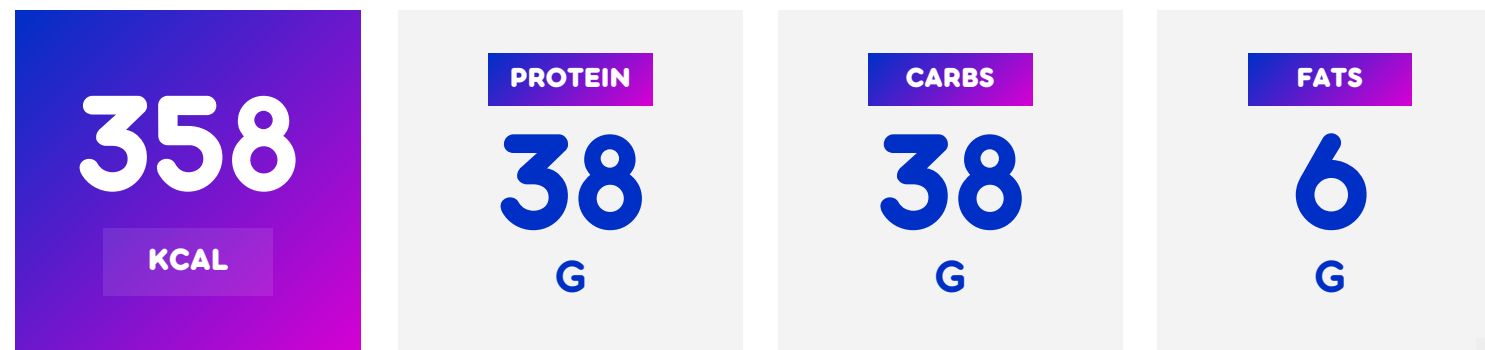
Top with crushed shortbread and strawberry jam.



PUMPKIN SPICE LATTE OATS

PREP TIME : 5 MINS
CALORIES : 358 KCAL
SERVES : 1

PUMPKIN SPICE LATTE OATS



INGREDIENTS

Dry Mix

40g Oats

Wet Mix

200mls Unsweetened Almond Milk

50g 0% Fat Greek Yoghurt 30g Whey Protein

1 Espresso Shot (Cold)

100g Pumpkin Puree(Unsweetened)

3g Mixed Spice

METHOD

Place pumpkin puree, almond milk, and Greek yogurt, protein and coffee into a food processor and process on high until puréed.

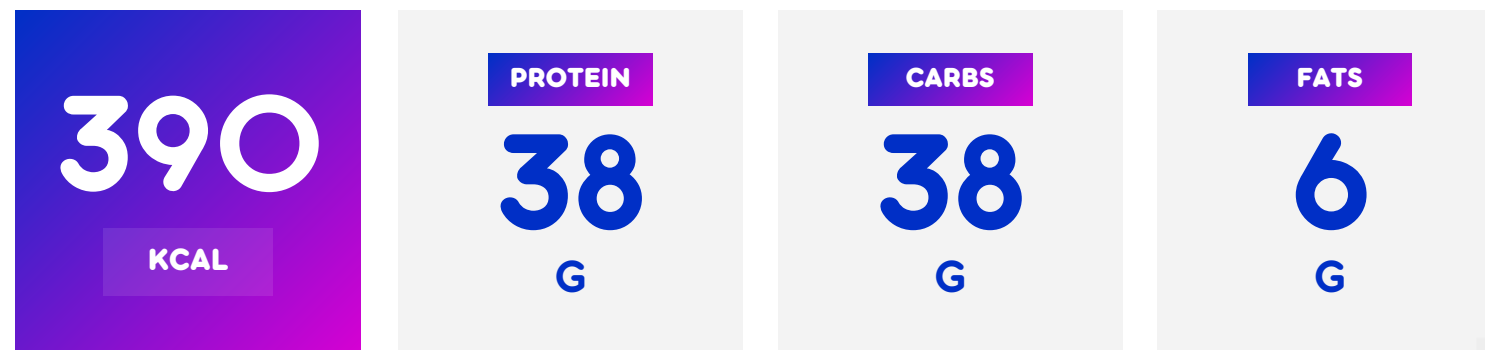
Mix in the oats to the puree and place in refrigerator overnight or for at least 6 hours.



NEAPOLITAN OATS

PREP TIME : 5 MINS
CALORIES : 390 KCAL
SERVES : 2

NEAPOLITAN OATS



INGREDIENTS

Vanilla Oats

30g Oats
150mls Unsweetened
Almond Milk
5mls Vanilla Extract

Chocolate Oats

30g Oats
150mls Unsweetened
Almond Milk
60g Whey Protein (Chocolate)
5g Cocoa Powder

Strawberry Oats

30g Oats
150mls Unsweetened
Almond Milk
10g Sugar Free Strawberry Jam
20g Strawberries

METHOD

For the vanilla and chocolate oat layers, mix the 2 sets of ingredients in separate bowls and place in the refrigerator for at least 4 hours or overnight.

For the strawberry layer, place the strawberries, jam and milk into a small food processor or magic bullet and puree. Then, mix with the oats in a small bowl.

Place in refrigerator for at least 4 hours or overnight.

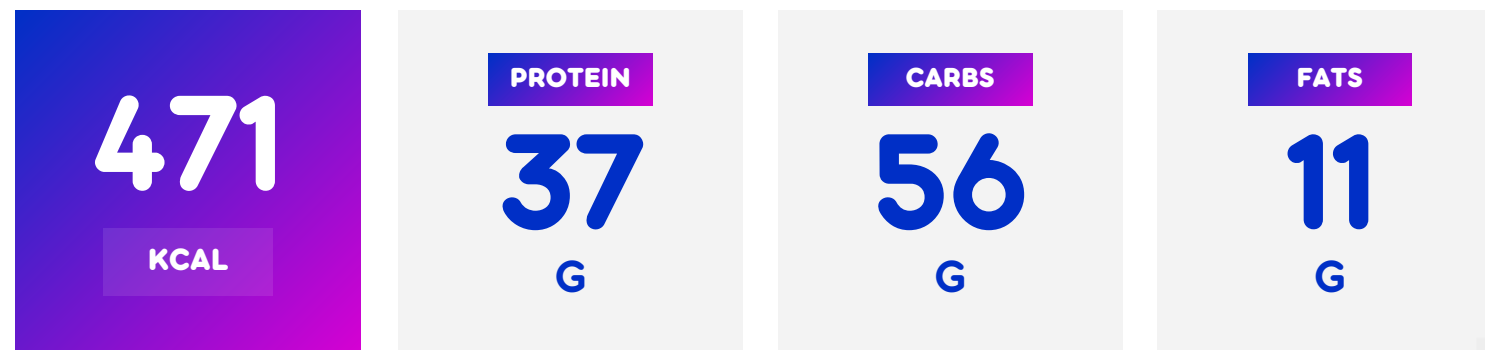
In the morning, serve layered like Neapolitan ice cream.



CHOCOLATE PEANUT FUDGE OATS

PREP TIME : 5 MINS
CALORIES : 471 CAL
SERVES : 1

CHOCOLATE PEANUT FUDGE OATS



INGREDIENTS

40g Oats
200mls Unsweetened
Almond Milk
30g Whey Protein (Chocolate)
1 Small Banana (Mashed)
10g Peanut Butter
5g Maple Syrup
2g Cocoa Powder

METHOD

Mash the banana, peanut butter, cocoa powder, protein powder and vanilla extract, in a large bowl or container.

Add the rolled oats, almond milk and maple syrup, and mix until completely combined.

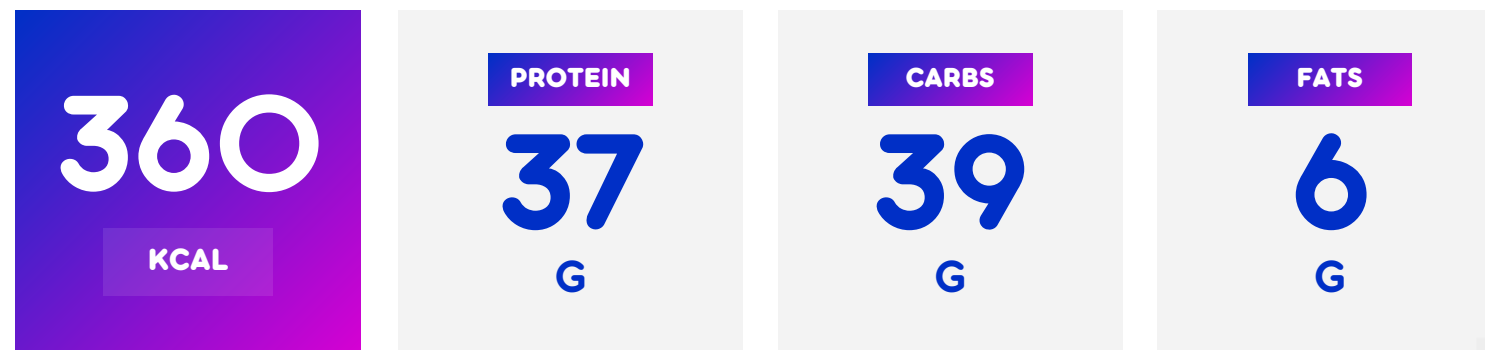
Leave in the fridge overnight.



LEMON, HONEY & THYME OATS

PREP TIME : 5 MINS
CALORIES : 471 CAL
SERVES : 1

LEMON, HONEY & THYME OATS



INGREDIENTS

40g Oats
200mls Unsweetened
Almond Milk
30g Whey Protein
10g Honey
Lemon Zest
5g Chia Seeds
10mls Lemon Juice
5mls Vanilla Extract
50g 0% Fat Greek Yoghurt
2-3 Sprigs Fresh Thyme

METHOD

In a bowl or container, mix together the oats, lemon zest, vanilla extract, yogurt, Chia seeds and milk.

Remove the thyme leaves from the stems, and mix the leaves into the oatmeal along with the honey.

Leave in the fridge overnight.

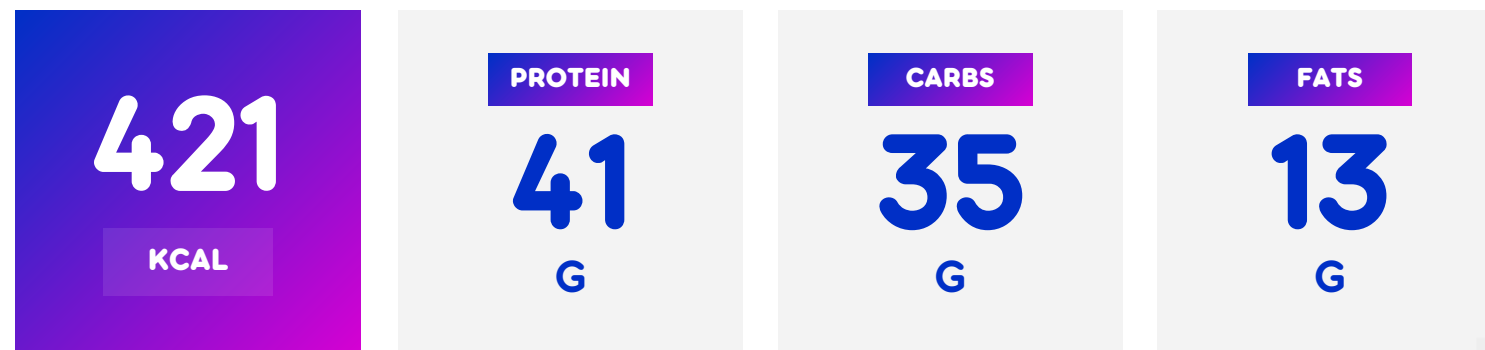
In the morning, add the lemon juice and mix together.



CHERRY CHIA OATS

PREP TIME : 5 MINS
CALORIES : 421 CAL
SERVES : 1

CHERRY CHIA OATS



INGREDIENTS

40g Oats
200mls Unsweetened
Almond Milk
30g Whey Protein
50g Coconut Yogurt
40g Frozen Cherries
15g Chia Seeds

METHOD

Place half the cherries, protein powder, almond milk, and coconut yogurt into a food processor and process on high until fruit is puréed.

Transfer into a large bowl and add the oats. Mix with a spoon until combined add in the remaining cherries.

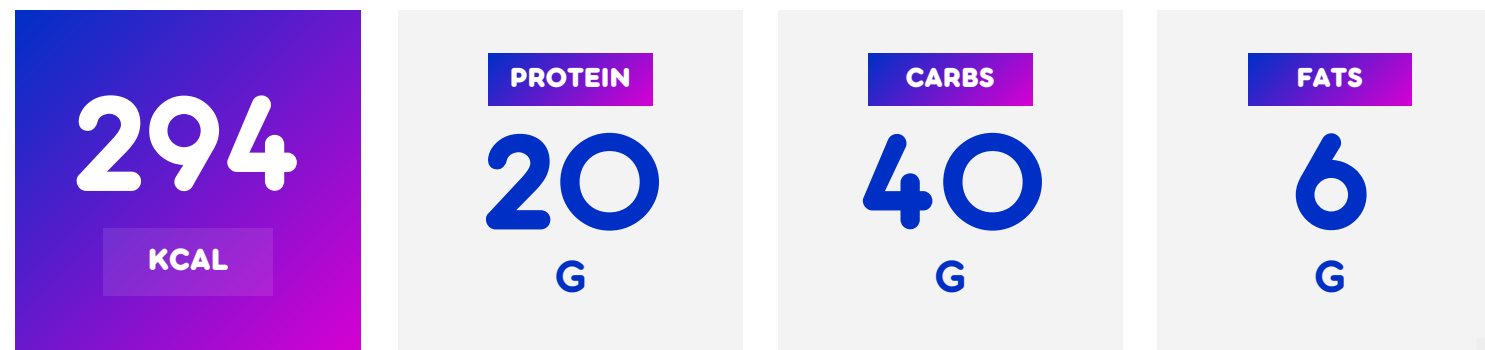
Cover and place in the refrigerator for at least 2 hours or overnight



CHOCOLATE & BERRY OAT CUPS

PREP TIME : 15 MINS
CALORIES : 294 CAL
SERVES : 1

CHOCOLATE & BERRY OAT CUPS



INGREDIENTS

Wet Mix

1/2 Small Banana
1 Egg
5g Honey
120mls Unsweetened Almond Milk
1tbsp Melted Coconut Oil

Dry Mix

60g Oats
200ml Unsweetened Almond Milk
30g Whey Protein
20g Self Raising Flour
2g Baking Powder
2g Ground Cinnamon
40g Fresh Raspberries
20g Dark Chocolate Chips

METHOD

Preheat oven to gas mark 5 and line a muffin tin with muffin liners.

Place banana into a large bowl and use a fork to mash. Then, add eggs, honey, and almond milk and mix to combine.

Add the oats, flour, baking powder, and cinnamon to the same bowl and mix until well combined.

Add in the raspberries and the chocolate chips and mix well.

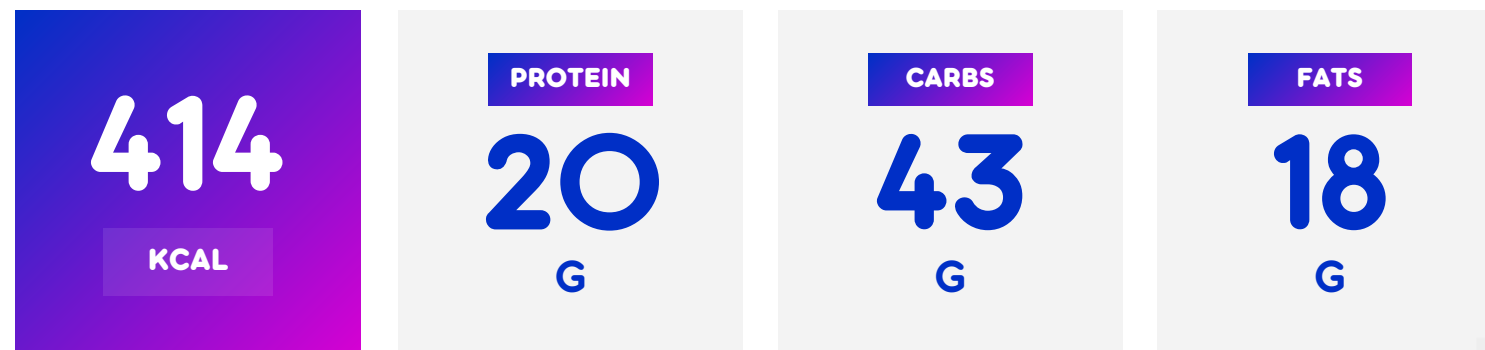
Bake for 20 minutes. Allow to cool for 10 minutes before removing from muffin tin.



BANANA & PECAN BAKED OATS

PREP TIME : 15 MINS
CALORIES : 414 CAL
SERVES : 1

BANANA & PECAN BAKED OATS



INGREDIENTS

120g Oats
30g Whey Protein
30g Chopped Pecans
1 tsp Baking Powder
1 tsp Ground Cinnamon
1/4 tsp Salt
1 Large Banana (Mashed)
1 tsp Lemon Juice
160mls Unsweetened Almond Milk
20mls Maple Syrup
1 Large Eggs
1 tsp Vanilla Extract

METHOD

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

In a medium bowl mix together oats, Pecans, baking powder, cinnamon, whey protein and salt.

In a separate mixing bowl mix together mashed bananas with lemon juice then add in milk, maple syrup, eggs, and vanilla extract and whisk until blended together.

Pour wet mixture into oat mixture and stir to combined. Pour mixture into prepared baking dish.

Bake in preheated oven until set, about 25- 30 minutes. Serve warm.



CHERRY BAKEWELL BAKED OATS

PREP TIME : 15 MINS
CALORIES : 352 CAL
SERVES : 1

CHERRY BAKEWELL BAKED OATS

352

KCAL

PROTEIN

23

G

CARBS

49

G

FATS

7

G

INGREDIENTS

40g Oats

175g 0% Fat Greek Yoghurt

1 Egg

10g Reduced Sugar Jam

20g Cherries

5mls Almond Extract

Additional Almonds for topping optional

METHOD

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

Add all of the ingredients, into a bowl and stir until combined.

Pour into the oven proof dish and place the cherry jam in the middle.

Bake for 25-30 minutes.



MARMALADE BAKED OATS

PREP TIME : 15 MINS
CALORIES : 355 CAL
SERVES : 2

MARMALADE BAKED OATS

355

KCAL

PROTEIN

23

G

CARBS

50

G

FATS

7

G

INGREDIENTS

40g Oats

175g 0% Fat Greek Yoghurt

1 Egg

10g Marmalade

20mls Orange Juice

Orange Zest (Half Small Orange)

METHOD

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

Add all of the ingredients, into a bowl and stir until combined.

Pour into the oven proof dish and place marmalade on top, pushing down slightly.

Bake for 25-30 minutes.



LEMON & BLUEBERRY BAKED OATS

PREP TIME : 15 MINS
CALORIES : 355 CAL
SERVES : 1

LEMON & BLUEBERRY BAKED OATS

335

KCAL

PROTEIN

23

G

CARBS

45

G

FATS

6

G

INGREDIENTS

40g Oats

175g 0% Fat Greek Yoghurt

1 Egg

10mls Lemon Juice

Lemon Zest (Half Lemon)

30g Blueberries

5mls Vanilla Extract

METHOD

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

Add all of the ingredients, into a bowl and stir until combined.

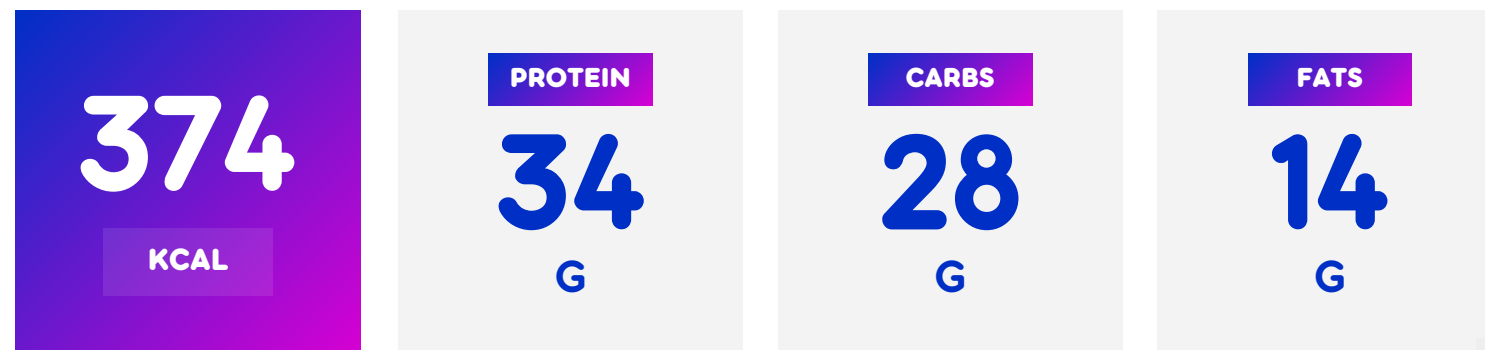
Pour into the oven proof dish and Bake for 25-30 minutes.



BOUNTY BAKED OATS

PREP TIME : 15 MINS
CALORIES : 374 CAL
SERVES : 1

BOUNTY BAKED OATS



INGREDIENTS

- 40g Oats
- 100mls Unsweetened Almond Milk
- 30g Whey Protein (Chocolate)
- 5g Cocoa Powder
- 15g Desiccated Coconut
- 5mls Vanilla Extract

METHOD

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

Add all of the ingredients, into a bowl and stir until combined.

Pour into the oven proof dish and Bake for 25-30 minutes.

