

#WhoSt  
hisGuy

# WHO THIS GUY'S READY-MADE

ALWAYS TIME FOR PLANNING

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# **WHOSTHISGUY'S**

## **READY-MADE**

ALWAYS TIME FOR PLANNING

#Whosthisguy  
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Welcome to the Whosthisguy's ready made recipe book.

Planning and scanning has never been easier with these ready scanned fitness  
pal QR codes.

Just weigh out your ingredients as shown, sit back and enjoy.

Chris Ritchens



## DISCLAIMER

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

#WhoIsThisGuy

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## KEY

- V VEGETARIAN
- VE VEGAN
- DF DAIRY FREE
- GF GLUTEN FREE
- N CONTAINS NUTS
- Q QUICK

# BREAKFAST







SERVES 1 | TOTAL TIME: 6 MINUTES

V

## INGREDIENTS

225g low fat Greek yoghurt  
30g granola  
80g banana flesh  
18g coconut  
8g raisins

# GREEK YOGHURT WITH BANANA, GRANOLA, COCONUT AND RAISINS

## INSTRUCTIONS

Collect your ingredients and a bowl to layer up your meal.

Add the yoghurt first, then slice your banana lengthways and add into the yoghurt. Add your granola, chunks of coconut and finally your granola and raisins.

Eat immediately.

426  
CALORIES

28  
PROTEIN

47  
CARBS

14  
FATS

6  
FIBRE

10



SERVES 1 | TOTAL TIME: 20 MINUTES

# ALMOND BUTTER BAKED OATS

V

## INGREDIENTS

45g oats  
8g almond butter  
15g whey protein  
1/4 tsp baking powder  
80ml almond milk  
1 egg white  
Drop of almond extract  
Low calorie spray oil

## INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Collect all of your ingredients adding them to a blender blitzing into a batter.

Lightly spray an oven safe ramekin or dish with low calorie spray oil, adding half of the batter to the dish. Add 1 tsp of almond butter to the middle and top with the second half of the batter.

Bake for 15 minutes, allow to cool for 2 minutes before eating and add any of your favourite nutritional toppings.

353  
CALORIES

24  
PROTEIN

35  
CARBS

13  
FATS

4  
FIBRE

12



SERVES 1 | TOTAL TIME: 6 MINUTES

# TOasted MALT LOAF WITH BLUE CHEESE AND APPLE

## INGREDIENTS

- 2 slices (70g) malt loaf
- 35g blue cheese
- 1/2 apple sliced thinly
- 55g quark or 0% greek yoghurt
- 1 tbsp honey

## INSTRUCTIONS

Cheese always mixes best from room temperature so take your cheese out before eating.

Slice your malt loaf and add to a toaster until crisped edges and fragrant whilst you cut blue cheese and slice 1/2 an apple thinly.

Add one heaped tbsp of quark to a bowl with the blue cheese and mix together, then add over the slices of toast evenly. Layer your apple slices and finish both with honey.

Eat warm.

474  
CALORIES

22  
PROTEIN

65  
CARBS

14  
FATS

3  
FIBRE



SERVES 1 | TOTAL TIME: 6 MINUTES

# APPLE ALMOND BUTTER SALAD

## INGREDIENTS

80g apple diced  
1tbsp oats  
28g crunchy almond butter  
1tsp honey  
10g 70% dark chocolate diced  
Juice of 1/4 lemon  
Powdered sweetener to taste

## INSTRUCTIONS

Place your nut butter and lemon juice all into a mixing bowl and break down the almond butter.

Add oats, apple, dark chocolate and honey and toss very well to combine and coat all ingredients.

Serve by itself or with your favourite Skyr or protein yoghurts.

339  
CALORIES

8  
PROTEIN

34  
CARBS

19  
FATS

4  
FIBRE



SERVES 1 | TOTAL TIME: 6 MINUTES

# GREEN SMOOTHIE

V GF DF

## INGREDIENTS

100g blueberries  
10g fresh ginger  
1 banana  
3-4 fresh mint leaves  
50g cucumber  
50g washed spinach  
250ml almond milk

## INSTRUCTIONS

Add all of the ingredients to a blender and blitz for 45 to 60 seconds until fully incorporated.

Pour into a glass with ice.

263  
CALORIES

12  
PROTEIN

38  
CARBS

7  
FATS

4  
FIBRE



# SIDE DISHES





20



SERVES 4 | TOTAL TIME: 35 MINUTES

V GF DF

## INGREDIENTS

500g carrots  
1 tbsp olive oil  
1 tsp ground ginger  
1/2 orange zest  
15g flaked almonds  
1 tbsp fresh micro diced parsley  
1/2 tsp smoked paprika

## INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Cube the carrots and lay into a deep roasting dish big enough for them to not touch. Add the oil, ginger and paprika and toss together.

Roast for 25-30 minutes until tender and lightly coloured.

Meanwhile, zest the orange, dice the parsley and add the almonds to a mortar and pestle and lightly crush together, don't grind into a paste just smash.

Season the carrots and place into a dish, lay crumb over the top.

# ROASTED CARROTS WITH AN ALMOND CRUMB

85  
CALORIES

2  
PROTEIN

8  
CARBS

5  
FATS

3  
FIBRE

22



SERVES 4 | TOTAL TIME: 35 MINUTES

V GF DF

## INGREDIENTS

750g sweet potatoes  
60g butter  
Juice of 1 lime plus wedges  
45g tahini  
1 tbsp soy sauce  
1 tbsp sesame seeds

# SWEET POTATOES WITH TAHINI BUTTER

## INSTRUCTIONS

Bring water to a boil in a steamer. Halve sweet potatoes, cover and reduce heat to medium, steaming for 30 minutes.

Meanwhile, mix together the butter, lime juice, tahini and soy sauce in a small bowl until smooth. Season.

Divide the sweet potatoes onto plates adding the tahini butter over each serving.

Season with sea salt and sesame seeds. Serve with lime wedges.

373  
CALORIES

5  
PROTEIN

41  
CARBS

21  
FATS

6  
FIBRE

24



SERVES 2 | TOTAL TIME: 60 MINUTES

V GF DF

## INGREDIENTS

500g white potato  
2 tsp olive oil  
1 tsp of flaky sea salt

# OVEN JACKET POTATO

## INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

In a roasting dish add the potatoes, oil and salt and rub to coat very well. Bake in the oven for 50 minutes.

Turn up the oven to 220C/425F/Gas Mark 7 and cook for a further 10 minutes to crisp.

Remove and cut to release steam using a lightning bolt style cut. Press firmly on the long edges and the potato will open.

265  
CALORIES

5  
PROTEIN

50  
CARBS

5  
FATS

2  
FIBRE

26



SERVES 4 | TOTAL TIME: 55 MINUTES

# ROASTED SQUASH HOUMOUS

V GF DF

## INGREDIENTS

800g squash peeled and cut into 2cm cubes  
12g olive oil  
6 cloves of garlic  
400g can of chickpeas, drain but reserve 1/2 of the liquid  
3 tbsp tahini  
Juice of 1 lemon  
25g pack coriander leaves

## INSTRUCTIONS

Pre heat oven to 200C/400F/Gas Mark 6.

Place the squash onto a roasting tray, season and coat with 1 tablespoon of olive oil. Roast for 45 minutes, turning and mixing halfway and adding the garlic, cook until soft and slightly charred.

Take half of the squash and all of the garlic and place in a blender with the remaining ingredients, keeping half of the squash to serve. Blitz into a paste and transfer to a serving dish adding the other half of the squash over the top, scatter torn coriander (cilantro) leaves and serve alongside your favourite meats or great bread.

269  
CALORIES

10  
PROTEIN

28  
CARBS

13  
FATS

7  
FIBRE

28



**SERVES 4 | TOTAL TIME: 35 MINUTES**

# RED SLAW

V DF GF

## INGREDIENTS

250g red cabbage sliced thinly  
1/2 red onion sliced thinly  
225g carrots grated  
80g pickles plus 2 tablespoons of their brine  
Juice of 1/2 a lime

## INSTRUCTIONS

Put the cabbage and onion in a bowl, season well with salt and a small pinch of sugar and leave for 30 mins.

Stir the carrot, pickles and their brine through the sliced cabbage.

If you are making this in advance, prep the vegetables but don't season or dress until you are ready to eat.

73  
CALORIES

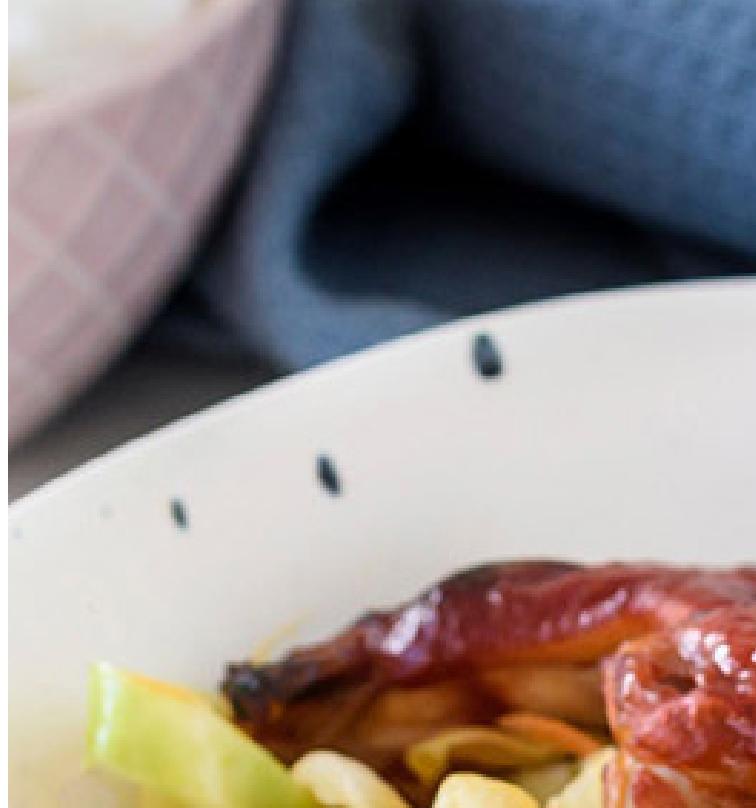
2  
PROTEIN

14  
CARBS

1  
FATS

1  
FIBRE

# MAIN COURSES







SERVES 2 | TOTAL TIME: 60 MINUTES

# LOW CARB CHICKEN, BACON AND AVOCADO CHAFFLE WRAP

## INGREDIENTS

- 2 eggs
- 100g mozzarella
- 150g chicken breast
- 1/4 tsp of smoked paprika
- 1/4 tsp cumin
- 2 slices of loin bacon
- 100g avocado flesh
- 60g spinach

## INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Season your chicken with paprika, cumin, salt and pepper then wrap with the bacon, roast for 35 minutes until well cooked through. Rest for 6-8 minutes loosely covered with foil whilst you make the wrap.

In a bowl, add 2 eggs and whisk with a pinch of salt. Grate your mozzarella and add to the eggs. Heat a non-stick pan over a medium heat. Add the egg mixture evenly over the pan and cook through for 5-6 minutes until firm. Don't be tempted to pick at and push it around, as the cheese melts it will form a crust. Flip and cook for 1 more minute.

Lay out your chaffle, add half of the spinach, half of the diced chicken and bacon to each wrap, lay out slices of 1/2 an avocado to each wrap.

Wrap up and eat or keep cool.

447  
CALORIES

40  
PROTEIN

2  
CARBS

31  
FATS

3  
FIBRE

34



SERVES 2 | TOTAL TIME: 12 MINUTES

# BEETROOT, FETA AND QUINOA SALAD

GF

## INGREDIENTS

160g pre-cooked beetroot  
1 clove of garlic  
30g spring onion  
150g greek yoghurt  
10g lime juice  
100g quinoa  
100g feta  
60g red cabbage  
40g grated carrot  
80g spinach

## INSTRUCTIONS

Boil your quinoa according to pack instructions with a pinch of salt in water. Alternatively use pre-cooked quinoa (250g).

Cut the beetroot into chunks and add to a blender, combine garlic, spring onions, yoghurt and lime juice, season with salt and blitz.

Grate or finely slice your cabbage and carrot, as well as the spinach.

In a kilner jar or dish, add your beetroot dressing, then the quinoa and crumbled feta then the cabbage, carrot and spinach and store.

When ready to eat, combine the ingredients together very well and dig in.

457  
CALORIES

23  
PROTEIN

44  
CARBS

21  
FATS

4  
FIBRE

36



**SERVES 3 | TOTAL TIME: 90 MINUTES**

# COTTAGE PIE WITH ROOT VEG MASH

## INGREDIENTS

Filling:

500g 5% beef mince  
50g streaky bacon diced  
1 onion diced finely  
2 cloves of garlic  
60g Brussels Sprouts grated  
1 stock cube or pot  
1 tbsp tomato puree

Topping:

125g sweet potato peeled and diced  
250g butternut squash peeled and diced  
25g goat butter  
4 tbsp milk  
1 tsp sage

## INSTRUCTIONS

In a deep saucepan over a medium heat, add your beef, bacon, onion and garlic and cook through completely until no pink meat is present and the onion is translucent (6-8 minutes).

Boil the kettle and add water to a saucepan with salt, add your peeled sweet potato and butternut boiling until the veg is tender for 8-12 minutes.

Add the sprouts, cook through for 2 minutes, add the tomato puree and cook for 2 more minutes, add your reconstituted stock with 1 pt of water and simmer on a medium heat until a loose gravy consistency is achieved and the veggies are tender (12-15 minutes).

Meanwhile, drain your sweet potato and butternut, mash together adding the butter, milk and sage, season with salt and pepper.

Pre heat oven to 220C/425F/Gas Mark 7.

Pour the beef mixture into a deep roasting tray, add the mash on top evenly and roast for 25 minutes until the sides are bubbly and the topping slightly crisp.

**439**  
CALORIES

**44**  
PROTEIN

**23**  
CARBS

**19**  
FATS

**4**  
FIBRE

38



SERVES 2 | TOTAL TIME: 70 MINUTES

# SRIRACHA WING RICE SALAD

GF DF

## INGREDIENTS

400g chicken wings  
80g white rice  
40g cabbage sliced  
40g carrot grated  
40g cucumber diced  
40g corn kernels  
80g tomatoes diced  
50g sriracha hot sauce

## INSTRUCTIONS

Trim your wings of any excess fat then in a mixing bowl, add the wings with the Sriracha hot sauce, toss to combine and leave them to marinate for 30 minutes.

Pre heat oven to 220C/425F/Gas Mark 7 and cover a tray with foil. Add the wings evenly to the tray so they don't touch and bake for 35 minutes, turning half way through.

Meanwhile, wash and rinse your rice very well and add to a saucepan with 180ml water and a pinch of salt. Bring to a boil, add the lid and turn the heat low. Leave to cook slowly until the water has soaked into the rice. When the rice is done, leave the lid on and rest for another 5 minutes.

Finely slice your cabbage, grate your carrot and dice the cucumbers and tomatoes, add all to a large bowl with the corn kernels. Add the wings and the rice and toss to combine.

567  
CALORIES

40  
PROTEIN

50  
CARBS

23  
FATS

3  
FIBRE

40



SERVES 4 | TOTAL TIME: 40 MINUTES

V GF

## INGREDIENTS

500g butternut squash, seeds removed and cut into 1cm slices  
28g olive oil  
225g light halloumi  
25g fresh coriander  
25g fresh parsley  
10g diced onion  
1 clove of garlic  
60g pickles  
1 tbsp red wine vinegar  
200g puy lentils

# DRESSED LENTIL AND SQUASH SALAD WITH HALLOUMI

## INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7

Add the butternut to a roasting tray with 1 tsp (3g) of olive oil, season and lay out evenly. Roast in the oven for 25 minutes adding your halloumi in quarters for the last 10 minutes.

Meanwhile, rinse your lentils and add to a saucepan with a big pinch of salt and 750ml of water. Make sure your saucepan is big enough because they will grow in size. Bring to a boil, cover and simmer for 15-20 minutes.

Mix your salsa verde by crushing coriander (cilantro), garlic, onion, the remaining oil, vinegar and pickles in a mortar and pestle or blender and set aside.

Spread the lentils, top evenly with the squash and halloumi, finally dressing with the salsa verde.

425  
CALORIES

28  
PROTEIN

40  
CARBS

17  
FATS

5  
FIBRE

42



SERVES 3 | TOTAL TIME: 60 MINUTES

GF DF

## INGREDIENTS

60g olive oil  
400g chicken breast  
4 red bell peppers  
1 leek diced and soaked  
4 garlic cloves  
15g sweet smoked paprika  
Pinch of oregano  
1 tbsp red wine vinegar  
30g honey  
1 tbsp flaky sea salt  
80g white rice

# PAPRIKA CHICKEN TRAYBAKE

## INSTRUCTIONS

Pre heat oven to 200C/400F/Gas Mark 6.

Chop and dice all the ingredients and add to a deep roasting tray, rub together and mix very well.

Roast on the top shelf for 50 minutes mixing and turning at halfway.

Meanwhile, wash and rinse your rice very well and add to a saucepan with 180ml water and a pinch of salt. Bring to a boil, add the lid and turn the heat low. Leave to cook slowly until the water has soaked into the rice. When the rice is done, leave the lid on and rest for another 5 minutes.

Serve together.

557  
CALORIES

20  
PROTEIN

72  
CARBS

21  
FATS

11  
FIBRE



SERVES 2 | TOTAL TIME: 60 MINUTES

# CHICKEN AND CANNELLINI ONE POT CHILLI

## INGREDIENTS

300g chicken breast  
1/2 white onion  
2 garlic cloves  
30g kale  
400g tin tomatoes  
400g tin cannellini beans drained  
100g single cream  
10g olive oil  
1 chicken stock cube  
Zest of 1 lime  
2 tsp oregano  
1 tbsp cumin  
1 tsp smoked paprika  
1 tsp chilli powder  
1 tsp coriander seeds

## INSTRUCTIONS

In a large pot, heat the oil and sauté the onion and garlic for 8-10 mins on a medium low heat until translucent.

Meanwhile, dice the chicken, season, open and drain the can of beans, chop the kale roughly, reconstitute the stock pot in boiling water as per packet instructions and measure out the spices, oregano and lime zest into a pot.

When the onions are ready, add the chicken and allow to brown slightly, then add all of the remaining ingredients and simmer for 35-45 minutes.

When the chilli is close to your desired consistency, remove from the heat, pour in the cream and season.

524  
CALORIES

52  
PROTEIN

34  
CARBS

20  
FATS

10  
FIBRE

46



**SERVES 4 | TOTAL TIME: 35 MINUTES**

# FAJITA TRAYBAKE

GF

## INGREDIENTS

30g fajita spice mix  
2 tbsp olive oil  
2 red onions, sliced  
3 bell peppers, deseeded and sliced  
320g chicken breast diced  
400g can black beans, drained  
200g brown rice  
150g soured cream  
2 tbsp chopped coriander

## INSTRUCTIONS

Pre heat the oven to 220C/425F/Gas Mark 7.

Rinse and drain your brown rice and add to a saucepan with 500ml water and a big pinch of salt. Bring to a boil and then simmer for 25 minutes.

Meanwhile, In a large bowl, stir the spice mix into the oil, then toss the onions, peppers and chicken in to coat. Add to a shallow but wide roasting tray (or divide between 2 trays spread out so that they roast rather than steam) and roast in the oven for 10 minutes.

Stir everything around and cook for another 5 minutes, then mix in the black beans and the cooked rice and return to the oven for another 5 minutes.

Divide up your portions and finish with the soured cream and coriander (cilantro).

530  
CALORIES

32  
PROTEIN

69  
CARBS

14  
FATS

7  
FIBRE



**SERVES 4 | TOTAL TIME: 25 MINUTES**

# STEAK AND TOMATO SKEWERS

GF

## INGREDIENTS

1 garlic clove finely minced  
1 tsp mustard powder  
1 tsp chilli power  
1/2 tsp smoked paprika  
1/2 tsp cumin  
1/2 tsp ground coriander  
1/2 tsp sea salt  
800g sirloin steak cut into 3cm cubes  
360g cherry tomatoes  
1 iceberg lettuce cut into 1/4's

## INSTRUCTIONS

If using wood skewers, soak them for 30 minutes, 1/4 your lettuce and wash thoroughly, drain with paper towel.

Turn your grill on high (200C/400F/Gas Mark 6) or use a griddle pan over a medium heat.

Mix the minced garlic, mustard, chilli powder, paprika, ground coriander, cumin and sea salt in a bowl adding the diced steak and mix together. Thread the meat onto the skewer alternating with the tomatoes.

Grill the kebabs over a medium heat until the desired level of cooking has been reached ideally around 10 minutes for medium turning occasionally.

Remove and allow to rest for four or five minutes before serving with a lettuce wedge.

431  
CALORIES

43  
PROTEIN

4  
CARBS

27  
FATS

2  
FIBRE

50



SERVES 2 | TOTAL TIME: 45 MINUTES

# CHICKEN CURRY AND AROMATIC RICE

GF

## INGREDIENTS

300g chicken diced  
120g half fat creme fraiche  
1/2 white onion sliced  
1" piece of ginger grated  
1 tbsp raisins  
1 tsp of curry powder  
1/4 tsp of cinnamon  
30g spinach  
100g white basmati rice  
1 bay leaf  
2 cloves of garlic

## INSTRUCTIONS

Place a deep, lidded saucepan on a medium heat and add diced chicken with the onion and ginger. Mix the curry powder, raisins and cinnamon into the creme fraiche and add to the saucepan with 1 cup (250ml) of water, bring to a low simmer and the spinach. Simmer over a low-medium heat adding water if necessary until the chicken is well cooked thorough (30 minutes). This can also be done in a slow cooker on low for 8 or high for 6 hours.

Meanwhile rinse and drain your rice thoroughly.

When the chicken is cooked through in the saucepan, add the rice to a lidded pot with 200mls water, salt, garlic and bay and cook very low until the water has evaporated. Fluff the rice with a fork, removing the spices and leave to rest with the lid for 4-6 minutes to steam through.

Divide into bowls and serve.

532  
CALORIES

43  
PROTEIN

63  
CARBS

12  
FATS

3  
FIBRE



DF

## INGREDIENTS

200g broccoli  
12g olive oil  
100g spaghetti  
Juice of 1 lemon  
1 tsp honey  
30g diced red onion  
180g raw prawns  
40g pesto

## INSTRUCTIONS

Pre heat oven to 200C/400F/Gas Mark 6.

Boil your kettle and put the broccoli into a bowl, cover with boiling water for 3 minutes. Drain the water into a saucepan to cook the spaghetti, add the olive oil to the broccoli and spread onto a roasting tray and cook for 10 minutes.

Bring the drained water to a boil with a big pinch of salt and add the spaghetti. Cook alongside the broccoli for 10 minutes. When done, drain and rinse with hot water.

Mix 1/2 of the lemon juice in a bowl with honey and diced onion with a pinch of salt and set aside. Bring a non-stick pan to a high heat. Stir the prawns with the pesto and tip into the hot pan turning frequently for 2-3 minutes until the prawns are pink. Add the second half of lemon juice and turn off the heat.

Stir the dressing through the pasta, adding the broccoli and divide into two servings. Add the prawns to each serving alongside any pan juices. Eat hot.

436  
CALORIES

27  
PROTEIN

46  
CARBS

16  
FATS

5  
FIBRE



GF

## INGREDIENTS

2 medium sweet potatoes, peeled & cubed 1"  
200g spinach  
4 spring onions, sliced  
10 eggs  
2 cloves of garlic  
Zest of 1/2 a lemon  
1 heaped tsp of smoked paprika  
1 block of feta cheese  
2 tbsp olive oil

## INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Add the sweet potato and garlic cloves to a roasting tray with 1 tbsp oil, mix well and roast for 25-30 minutes until tender. Remove the garlic and set the sweet potato aside to cool. Season well with sea salt, black pepper and the smoked paprika.

Meanwhile, set a pan with a metal/heatproof handle on a medium heat. Add 1 tbsp of olive oil and the spring onions for a couple of minutes. Add the spinach, season well and cook until the spinach has wilted. Grate in the zest of 1/2 a lemon and add the cooked sweet potato.

Whisk the eggs in a large bowl and pour this over the veggies. Stir well and turn the heat down to low and let it cook until the edges start coming away from the pan. Approximately 10 minutes.

Pre heat a broiler/grill to a medium heat.

Crumble the feta on top and place under the broiler/grill to cook the top of the frittata for 10 minutes. Making sure the heat isn't too high let's the frittata cook without burning the top. The cheese should be toasted, the top light brown and the middle set.

Cut it into wedges and either serve it straight away or let it cool and keep it in the fridge.

432  
CALORIES

27  
PROTEIN

18  
CARBS

28  
FATS

3  
FIBRE



SERVES 2 | TOTAL TIME: 70 MINUTES

GF DF

## INGREDIENTS

325g beef topside, flank or chuck steak with any visible fat removed  
500g red potatoes  
3 garlic cloves  
30g olive oil  
1 tbsp dried rosemary  
1 tbsp dried sage  
1/2 tsp dried thyme  
2 bay leaves  
80g spinach  
200g tomatoes on the vine

## INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Open the beef packet and add a liberal pinch of salt, rub in very well and leave it whilst you prepare the rest.

Bring a saucepan to a boil, heavily salted with water adding one bay leaf.

Slice your potatoes into big chunks, crush one garlic clove with the side of a knife and add both to the water. Boil for 10 minutes, drain and leave to cool uncovered.

Smash and add 2 cloves of garlic, the rosemary, thyme, sage and black pepper to a bowl and with the oil, mix and add the beef, spinach and the potatoes. Add to a roasting tray with the tomatoes.

Add 1/2 a glass (125ml) water, cover the dish with foil and bake in the oven for 45 minutes or until the beef is fork tender, remove the foil from the dish and let it reduce further and colour.

Divide between two.

# GARLIC AND HERB STEAK AND POTATO BAKE

532  
CALORIES

44  
PROTEIN

44  
CARBS

20  
FATS

4  
FIBRE

58



SERVES 2 | TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

225g salmon fillets  
2 rashers of streaky bacon  
75g basmati rice  
120g broccoli  
1 tsp olive oil

# BACON WRAPPED SALMON WITH RICE AND ROASTED BROCCOLI

## INSTRUCTIONS

Pre heat the oven to 200C/400F/Gas Mark 6.

Heavily season the fillets with black pepper and sea salt, lay bacon onto a cutting board and use the back of a butter knife to 'stretch' the bacon thin so there's some holes and you can see through it slightly. Wrap each slice around a salmon fillet.

Boil your kettle and put the broccoli into a bowl, cover with boiling water for 3 minutes.

Drain the water reserving a cup of the water to cook the rice, add the olive oil to the broccoli and spread onto a roasting tray.

Place the salmon and broccoli into the oven on the highest shelf. Cook for 6 minutes and turn, cook for 6 more minutes. If you want the salmon crisper, cook for a little while longer.

Meanwhile, wash and rinse your rice very well and add to a saucepan with 180ml of the broccoli water and a pinch of salt. Bring to a boil, add the lid and turn the heat low. Leave to cook slowly alongside the salmon and broccoli until the water has soaked into the rice (8-10 minutes). When the rice is done, leave the lid on and rest for another 5 minutes.

Serve all together.

485  
CALORIES

32  
PROTEIN

33  
CARBS

25  
FATS

1  
FIBRE



SERVES 4 | TOTAL TIME: 40 MINUTES

GF DF

## INGREDIENTS

880g salmon  
1 tbsp peppercorns  
30g brown sugar  
15g salt  
25g dill  
1 fresh red chilli, sliced and deseeded  
3 medium sized tomatoes  
1/2 cucumber  
Zest and juice of 1 lemon  
2 spring onions  
2 tsp red wine vinegar  
250g new potatoes halved  
40g rocket

## INSTRUCTIONS

Mix together 1 tbsp of salt, peppercorns and 2 tbsp of brown sugar with 1/2 of the dill finely chopped. Add the salmon to a glass dish with the marinade and leave for 1-2 hours refrigerated, ideally overnight. When ready to cook, remove the salmon and pat off the coating.

Pre heat your oven to 180C/350F/Gas Mark 4.

Place the salmon on a baking tray with a wire rack to allow air to go above and below the fish. Roast for 15 minutes until the salmon is firm.

Meanwhile, boil your potatoes in salted water for 15-20 minutes and prepare the salsa by finely dicing the tomatoes, chilli, 1/2 of the dill, cucumber, spring onions and zest of 1 lemon. Add 2 tsp of red wine vinegar alongside a pinch of salt and combine very well. Drain and season the potatoes.

Serve the fish with salsa, rocket, potatoes and a wedge of lemon.

# BLACK PEPPER SALMON AND POTATOES WITH A TOMATO SALSA

569  
CALORIES

47  
PROTEIN

21  
CARBS

33  
FATS

2  
FIBRE



SERVES 2 | TOTAL TIME: 2-6 HOURS

V GF

## INGREDIENTS

50g chia seeds  
12g chocolate whey protein  
20g cacao powder  
1 tsp Truvia  
5 drops of chocolate flavour calorie free drops  
200g fat free Greek yoghurt  
100ml 2% milk

# CHIA CHOCOLATE POTS

## INSTRUCTIONS

In a bowl combine all of your dry ingredients and stir well, this helps prevent any clumping.

Add your milk and stir very well until the chia is rehydrated.

Add your flavdrops, yoghurt and stir once again.

If using a vegan protein and plant based milks and yoghurts, expect there may be a need for more liquid.

Keep in the fridge for 2-6 hours (ideally overnight) in an air tight container or sealed for 2-3 days.

268  
CALORIES

17  
PROTEIN

23  
CARBS

12  
FATS

10  
FIBRE

# DESSERTS







SERVES 8 | TOTAL TIME: 90 MINUTES

# RASPBERRY AND ALMOND CAKE

GF

## INGREDIENTS

180g butter  
100g white sugar  
100g truvia  
2 whole eggs separated  
3 whites  
200g almond flour  
1 tsp vanilla extract  
150g raspberries

## INSTRUCTIONS

Pre heat the oven to 140C/275F/Gas Mark 1.

Use some of the butter to grease a 10 inch springform cake tin in line with baking parchment, making sure the paper is exactly the same size as the bowl.

Cream together the butter and sugar in a large bowl, add the egg yolks and some of the ground almonds and mix until combined, repeat adding the almonds slowly and combining until you finally add the vanilla extract.

In a separate bowl beat all of the egg whites to stiff peaks with an electric hand whisk. Gently fold the egg whites into the cake mix with a metal spoon to keep the mix fluffy. Keep a handful of raspberries aside to use as decoration at the end. Transfer half of the mix to the prepared cake tin, arrange half the raspberries on top, then add the rest of the cake mix and finish with the rest of the raspberries. Don't combine the raspberries with the cake mix previously, as they will break up and discolour the cake.

Place into the oven for 45 minutes until cooked through. Use a skewer inserted to the centre of the cake to make sure that the mix has set in the middle. Place back into the oven for a little longer if it is not cooked.

Place the cake on a wire rack and allow to fully cool. Once cool, carefully remove the springform tin and the parchment. Decorate the cake with the reserved raspberries and serve.

406  
CALORIES

9  
PROTEIN

16  
CARBS

34  
FATS

2  
FIBRE



SERVES 8 | TOTAL TIME: 15 MINUTES

V GF DF

## INGREDIENTS

100g peanut butter  
30g whey protein  
30g pea protein  
30g almond milk  
30g ground almonds

# PEANUT BUTTER PROTEIN COOKIES

## INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

Mix all ingredients together in a bowl until you form an incorporated dough. Divide the dough into 12.

Press these balls onto a baking tray to around 1cm thick, press your thumb into the centre and make a thinner section. This assures the cookies will cook evenly all the way through.

Bake for 6-8 minutes until lightly coloured. They will harden and set firm as they fully cool.

Keep in an air tight container.

129  
CALORIES

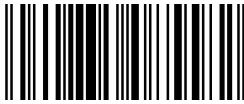
10  
PROTEIN

2  
CARBS

9  
FATS

3  
FIBRE

70



SERVES 12 | TOTAL TIME: 12 MINUTES

V DF GF

## INGREDIENTS

400g dark (70%) chocolate  
28g pistachios, roughly chopped  
14g pecans, roughly chopped  
Zest of 1/2 an orange

## INSTRUCTIONS

Line a small, rimmed baking sheet with parchment.

Chop pecans and pistachios, zest the orange peel with a microplane grater and chop the chocolate into smaller pieces. Place the chocolate into a microwave-safe bowl and cook on full in 20 second increments, stirring the chocolate at every interval. Go until the chocolate is completely melted.

Pour melted chocolate into the centre of your parchment lined baking sheet. Spread out evenly with a spatula or the back of a spoon.

Evenly sprinkle the chopped pecans, pistachios and orange zest over the melted chocolate.

Cool at room temperature until set, when the chocolate bark has hardened, break into 12 pieces with a large chef's knife. Store in an air tight container.

# ORANGE AND PISTACHIO CHOCOLATE BARK

195  
CALORIES

2  
PROTEIN

22  
CARBS

11  
FATS

2  
FIBRE



# BEETROOT BROWNIE

SERVES 12 | TOTAL TIME: 50 MINUTES

V

## INGREDIENTS

75g butter  
280g cooked beetroot  
300g 70% chocolate  
2 eggs  
100g sugar  
175g erythritol  
60g ground oats  
2 tsp vanilla extract  
1 tsp salt  
4 tbsp cocoa powder

## INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

Use a light spray oil to grease a baking tin and line with parchment.

Blitz the cooked beetroot in a food processor scraping down the sides as needed until you have a course purée. Reserve 1 tbsp of the mixture for the topping.

Melt 200g of the chocolate with butter in a heatproof non-metalic bowl, microwaving in 15s blasts. Set aside.

Whisk the eggs, granulated sugar, 100g of the erythritol, vanilla and salt in another bowl and then beat into the chocolate mixture. Stir in the beetroot and ground oats and then sift cocoa powder into the mixture. Add the remaining 100g chocolate in chunks and fold until combined.

Add the batter to the baking dish and bake for 35-40 minutes until a top crust has formed. When a toothpick inserted into the centre comes out slightly unclean but clear towards the edge, remove and cool in the tin.

Meanwhile add the reserved puree to 75g of erythritol with a little bit of water if needed to drizzle over the top. Roughly drizzle and allow to set.

Cut into 12.

290  
CALORIES

4  
PROTEIN

37  
CARBS

14  
FATS

2  
FIBRE

#Who  
sthis  
Guy

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