

#Whosthisguy

WHOSTHISGUY'S READY-MADE

ALWAYS TIME FOR PLANNING

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READY-MADE

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pal QR codes.
Just weigh out your ingredients as shown, sit back and enjoy.
Chris Ritchens



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KEY

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

BREAKFAST







SERVES 5 | TOTAL TIME: 40 MINUTES



INGREDIENTS

80g oats
35g honey
22g coconut oil
170g carrot, grated
2 tbsp pumpkin seeds
30g desiccated coconut
2 tbsp raisins
30g whey protein
3 tbsp almond milk
1/2 tsp cinnamon
1/2 tsp vanilla essence

INSTRUCTIONS

Line a tupperware box with greaseproof paper and melt the coconut oil in a small pan.

Add all of the dry ingredients to a bowl and mix very well, pour in the coconut oil.

Add the honey and carrot then stir and mix very well until all of the oats and carrot are fully coated and combined.

Press the mixture into the tupperware and smooth out evenly on the top.

Freeze for 30 minutes to firm it up quickly then cut into five bars and store in the fridge.

NO BAKE CARROT CAKE FLAPJACKS

308
CALORIES

11
PROTEIN

30
CARBS

16
FATS

7
FIBRE



SERVES 2 | TOTAL TIME: 20 MINUTES

BACON EGG CUPS ON WHOLEMEAL TOAST

INGREDIENTS

4 rashers back bacon (120g)
2 eggs
30g cheddar
1 tsp dried chives
4 medium slices of wholemeal bread
4x 1cm thick slice of beef tomato
120g low fat spreadable cream cheese

INSTRUCTIONS

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

Place each rasher of bacon into a section of a muffin tray covering the base and sides, fat side up. Bake for 8 minutes.

Meanwhile, beat the eggs, add chives and seasoning.

When the bacon has finished, pour equal amounts of the egg mixture into each and top each cup with cheese. Bake for a further 8 minutes until the egg mixture is set and the cheese is melted.

Put bread into the toaster and cook until desired colour. Spread 30g of low fat spreadable cream cheese over each toast and add a slice of beef tomato, then two bacon cups to each.

488
CALORIES

35
PROTEIN

33
CARBS

24
FATS

2
FIBRE



SERVES 2 | TOTAL TIME: 8 MINUTES



INGREDIENTS

100g oats
50g banana flesh, mashed
38g dates, diced
500g almond milk
12g honey
1/4 tsp cinnamon
14g ground almonds
60g whey protein

INSTRUCTIONS

Add all of the ingredients to a large saucepan over a medium heat and bring to a low boil. Stir frequently for 5 minutes cooking until desired fluffy consistency.

Divide between two and eat warm.

DATE AND BANANA OATS AND WHEY

481
CALORIES

35
PROTEIN

56
CARBS

13
FATS

5
FIBRE



SERVES 1 | TOTAL TIME: 5 MINUTES

GF V

INGREDIENTS

225g water
60g vanilla whey protein
10 dried apricot halves
40g spinach
24g pumpkin seeds
225g plain low fat strained Greek yoghurt
Pinch of cinnamon

INSTRUCTIONS

Add all of your ingredients to a blender and blitz for 45-60s.

Decant into a glass and top with a pinch of cinnamon.

APRICOT BREAKFAST SHAKE

329
CALORIES

40
PROTEIN

22
CARBS

9
FATS

2
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES



INGREDIENTS

225g tofu
20g spinach
2 medium tomatoes
1 spring onion diced
1 tbsp olive oil
2 medium slices of wholemeal bread
1/4 tsp turmeric

INSTRUCTIONS

Chop the tofu and use a fork to crumble it into bite-sized pieces.

Heat the oil in a pan over medium-high heat and add the tofu, spring onion, spinach, turmeric and a pinch of salt and pepper. Stir frequently and cook for 5-10 minutes.

Meanwhile, add bread to a toaster and cook to your preference. Slice your tomatoes. Layer toast with tomatoes, a pinch of salt, the scramble and serve.

TOFU SCRAMBLE

223
CALORIES

13
PROTEIN

18
CARBS

11
FATS

3
FIBRE

SIDE DISHES







SERVES 4 | TOTAL TIME: 6 MINUTES



INGREDIENTS

150g carrot
150g beetroot
1 medium tomato
10g mint leaves
80g raspberries
1 tbsp sherry vinegar
2 tbsp olive oil
1 tsp of maple syrup

INSTRUCTIONS

Peel and grate the carrot & beetroot.

Thinly slice the tomato and mint leaves and add to a bowl with the beetroot and carrot. Season and combine.

Add the olive oil, maple syrup, raspberries and vinegar in a blender and blend until completely smooth. Taste it and adjust the sweetness/ acidity to your taste by adding either more vinegar or maple syrup.

Pour half of the dressing over the veggies, stir and taste. If it needs more of the dressing add more, if not then cover the rest of the dressing and keep it in the fridge for salads.

RASPBERRY SLAW

90
CALORIES

1
PROTEIN

8
CARBS

6
FATS

2
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

400g extra fine green beans trimmed
2 tbsp olive oil
1 clove of garlic, finely diced
50g walnuts, diced
1 tbsp lemon juice

INSTRUCTIONS

Fill a large saucepan boiling water. Boil the beans for 2 minutes and drain, rinse under cold water and lay on paper towel to dry.

Put the oil into the empty pan set over a medium-high heat. Add the garlic, season and fry for 1 minute. Add the walnuts and fry for 5 more minutes.

When ready to serve, stir through the beans and the lemon juice and reheat until warm.

GREEN BEANS WITH GARLIC AND WALNUTS

260
CALORIES

16
PROTEIN

22
CARBS

12
FATS

6
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES

GF

INGREDIENTS

2 red peppers - halved and deseeded
40g red onion, diced
50g white rice
1/2 can red kidney beans drained and rinsed
2 slices of bacon, chopped
100g mozzarella
1 tbsp olive oil
1/2 tsp smoked paprika
1 tsp dried mint

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4 and add your rice to a bowl water and leave to soak.

Prepare ingredients by halving the peppers, discarding the interior, dicing onion and slicing the bacon and then lay peppers on a roasting tray cut side down and roast for 12-14 minutes.

Meanwhile rinse the soaked rice very well and add to a pan with 3/4 cup water. Bring to boil with a pinch of salt then cover on a low heat.

Heat a pan to medium with the olive oil adding the bacon and cook through for 4 minutes, add the onion and soften for another 4 minutes. Keep over a low heat until the rice is tender.

When the rice is cooked, add to the pan with the bacon and stir though the mint, rinsed beans and paprika. Cook for another 6 minutes turning frequently. Rest on a low heat.

When the peppers are done, remove from the oven, turn over and fill each half with the pan mixture equally. Top with mozzarella and return to the oven for 8 minutes until the cheese has melted completely.

BACON, RICE AND BEAN STUFFED PEPPERS

210
CALORIES

10
PROTEIN

20
CARBS

10
FATS

3
FIBRE

26



SERVES 4 | TOTAL TIME: 10 MINUTES



INGREDIENTS

4 tbsp olive oil
350g asparagus cut into 3" chunks
250g mangetout
1 clove of garlic grated
200g spinach
1 tbsp balsamic vinegar
2 tbsp chopped fresh mint
2 tbsp chopped fresh chives

INSTRUCTIONS

Heat the olive oil and a dash of water in a pan over a medium high heat and add the asparagus, garlic and mangetout and stir fry for three minutes.

Add the spinach and stir until the spinach is wilted.

Remove the pan from the heat and add the vinegar, mint and chives.

Combine and serve whilst hot.

GREENS STIR FRY

178
CALORIES

9
PROTEIN

13
CARBS

10
FATS

6
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

3 tbsp olive oil
4 shallots
1/4 oregano
1/4 marjoram
2 red bell peppers sliced
2 yellow bell peppers sliced
120g aubergine
120g courgette
4 tomatoes
2 garlic cloves crushed
4 tbsp parsley

INSTRUCTIONS

Heat 1 tbsp of olive oil in a heavy based saucepan over medium low heat. Add shallots, a pinch of salt and stir until translucent. Add a dash of water to add moisture. After 2-3 minutes add the oregano and marjoram and the peppers and cook until soft.

Cut your tomatoes, aubergine and courgette to the same size and add them to the saucepan. Leave to simmer for 15 minutes over low heat but stir occasionally and add a dash of water to prevent burning.

Add the garlic and the 2 tbsp oil and cook for 5 more minutes. Mix in chopped parsley and season.

MEDITERRANEAN VEGETABLES

149
CALORIES

4
PROTEIN

13
CARBS

9
FATS

4
FIBRE

MAIN COURSES







SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

32g butter
200g cherry tomatoes
1/2 tsp dried basil
100g white mushrooms, sliced
100g shiitake mushrooms, sliced
2 tbsp chives finely chopped
8 eggs, beaten
45g half fat crème fraîche

INSTRUCTIONS

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

Grease a baking tray with half a tablespoon of butter, add the cherry tomatoes and basil, season and cook in the oven for 8-10 minutes or until softened.

Meanwhile, place a large non-stick frying pan over a medium heat and dry fry the mushrooms for 1-2 minutes allowing them to release some water. Add 1 tablespoon of the butter and allow to melt then sauté the mushrooms for 3-5 minutes only adding salt at the end. Add half of the chives, stir through and remove the mushrooms from the pan and set aside.

Whisk the eggs and crème fraîche in a medium bowl with a pinch of salt and melt the remaining butter in the pan the mushrooms came from and then pour in the egg mixture.

Cook for 2-3 minutes over a low heat until the base is firm, stir the egg mixture through and then add the mushrooms and cover with a lid, cook for 3-5 minutes until the base and the top of the frittata set.

Sprinkle the frittata with the rest of the chives, divide between four plates and add cherry tomatoes.

MUSHROOM FRITTATA WITH CHERRY TOMATOES

364
CALORIES

21
PROTEIN

25
CARBS

20
FATS

1
FIBRE



SERVES 2 | TOTAL TIME: 25 MINUTES



INGREDIENTS

1 tbsp olive oil
2 shallots, finely sliced
175g potato, peeled and cubed
120g carrot, peeled and sliced
1/4 of a small celeriac, peeled and thin cut 2-3 sprigs of thyme
40g spinach
40g frozen peas
500ml vegetable stock
Juice of 1 orange and 1 lemon
2 eggs

INSTRUCTIONS

Add 1 tbsp of olive oil to a deep saucepan on a medium heat, add the shallots, potato and carrots for 6 minutes until they colour. Add the celeriac and thyme and sauté for 2 more minutes.

Bring a saucepan of water to a boil, add 2 eggs and boil for 6 minutes.

Meanwhile, add stock to the pan with vegetables just enough to cover and bring back to a boil. Turn the heat down to low and allow the liquid to bubble gently for around 8-10 minutes and cook all of the vegetables through. Remove the thyme sprigs and add the frozen peas and spinach.

Remove the pan from the heat and season. Pour in the lemon and orange juice. Divide the broth between two and add a whole halved boiled egg.

HEARTY BROTH

313
CALORIES

20
PROTEIN

29
CARBS

13
FATS

6
FIBRE



SERVES 4 | TOTAL TIME: 45 MINUTES



INGREDIENTS

400g feta
400g cherry tomatoes
400g can of chickpeas, drained
1 red bell pepper sliced
3 cloves of garlic, crushed
1 tsp dried oregano
1/2 lemon zest
1 tbsp olive oil

INSTRUCTIONS

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

In a large roasting tray add the tomatoes, pepper, chickpeas, oregano, garlic & lemon zest on a large roasting tray. Season and add a tbsp of olive oil. Toss and combine well and place the blocks of feta on top. Roast in the oven for 25 minutes.

When ready, the feta should be starting to go golden and the tomatoes should be soft. Cut each block of feta in half and divide everything between four plates.

BAKED FETA, CHICKPEAS AND MEDITERRANEAN VEG

389
CALORIES

24
PROTEIN

17
CARBS

25
FATS

4
FIBRE



SERVES 2 | TOTAL TIME: 10 MINUTES



INGREDIENTS

80g rocket
150g strawberries diced
28g pine nuts
225g light halloumi
Handful of fresh mint
1 tbsp olive oil
Juice of 1/4 lemon

INSTRUCTIONS

Add rocket to a salad bowl along with strawberries and a tear of fresh mint.

Set a non-stick frying pan over a medium heat and add the pine nuts with a pinch of salt and move them often for 4-6 minutes. Toast until fragrant and lightly coloured. Set aside.

Slice or break your halloumi in half lengthways and dry fry in the same pan over a medium heat for 1-2 minutes. When it starts to brown and look toasty, turn the pieces over and cook on the other side for 1 minute.

Add your halloumi and cooled pine nuts to the salad bowl with a pinch of salt, lemon juice and a tbsp of olive oil.

Combine very well and divide into two.

HALLOUMI AND ROCKET SALAD WITH STRAWBERRIES AND PINE NUTS

454
CALORIES

31
PROTEIN

6
CARBS

34
FATS

2
FIBRE



SERVES 4 | TOTAL TIME: 35 MINUTES



INGREDIENTS

200g pasta
1 tbsp olive oil
1 onion, diced
2 garlic cloves, diced
400g can of chopped tomatoes
2 tins of tuna in olive oil
1 tsp dried oregano
100g cheddar

INSTRUCTIONS

Cook the pasta in salted boiling water for 8-10 minutes, following pack instructions, drain and rinse well.

Meanwhile, pre heat the oven to 180C/350F/Gas Mark 4.

Heat the olive oil in a pan over a medium low heat and cook the onion with a pinch of salt for 8 minutes until soft and slightly caramelised. Add the garlic and cook for 2 more minutes. Add the tin of tomatoes and half a tin of water, bring to a boil and reduce the heat to simmer for 10 minutes. Open and drain the tuna and stir into the sauce with the oregano. Add the drained pasta, toss to combine and tip into a large baking dish.

Top with grated cheese and bake for 20-25 minutes.

TUNA PASTA BAKE

429
CALORIES

28
PROTEIN

41
CARBS

17
FATS

5
FIBRE



SERVES 4 | TOTAL TIME: 50 MINUTES

GUACAMOLE CHICKEN PASTA SALAD

INGREDIENTS

600g chicken breast
400g can of black beans drained
250g avocado flesh
40g red onion
Juice of 1 lime
1/2 tsp smoked paprika
1/2 tsp cumin
1 clove of garlic, grated
150g Greek yoghurt
160g wholegrain pasta
80g rocket
2 medium tomatoes diced

INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7 and in a deep roasting dish, add your chicken, big pinch of salt and pepper with 125ml of boiling water. Cover with foil and roast in the oven for 45 minutes. When done, use two forks to pull apart the chicken as rough or as thin as you like. Mix any remaining water back in.

Meanwhile, scoop the flesh out of two medium sized ripe avocados and mash roughly with a fork. Add diced onion, lime juice, 1 clove of garlic grated, smoked paprika, cumin and greek yoghurt. Combine very well.

Boil pasta in salted boiling water for 8-10 minutes and drain under a cold tap. Set aside to cool.

In a salad bowl, add rocket and diced tomatoes, the pasta, drained and rinsed black beans, chicken and guacamole and combine very well. Divide between 4.

523
CALORIES

49
PROTEIN

48
CARBS

15
FATS

7
FIBRE



SERVES 2 | TOTAL TIME: 30 MINUTES



INGREDIENTS

220g salmon fillets
40g green beans
400g cherry tomatoes, halved
1 red bell pepper
1 clove of garlic, crushed
10 black olives, deseeded
1 lemon zest and 1/2 juice
1 tbsp olive oil
2 eggs
12g fresh parsley, chopped roughly

INSTRUCTIONS

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

Add the green beans, halved cherry tomatoes, garlic, pepper and olives on a baking tray with 1 tbsp of oil, seasoning and lemon zest. Mix together with your hands very well. Roast in the oven for 8 mins. Remove the tray and add the salmon fillets and return to the oven for 12 more mins.

Meanwhile, bring a small pan of water to the boil adding the eggs and boil for 8 minutes. Rinse in cold water then peel.

When the salmon comes out, squeeze over the juice of 1/2 a lemon and mix well. Divide between two plates, topping with 1 egg and fresh parsley.

ONE PAN NIÇOISE SALMON

486
CALORIES

36
PROTEIN

18
CARBS

30
FATS

9
FIBRE



SERVES 4 | TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

20g chipotle paste
40g sour cream
2 cloves of garlic, grated
2 limes, zest and juice of 1, 1 cut into 1/4'ers
600g chicken breast
150g basmati rice
200g tinned sweetcorn, drained
200g pineapple, chunked
100g cucumber, diced
30g honey
1 tbsp fresh mint leaves, diced

INSTRUCTIONS

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

In a bowl, mix chipotle paste, sour cream, garlic and lime zest and juice of 1 with a crack of black pepper. Add the chicken breasts and coat very well. Place the whole mixture into a roasting dish, equally separated, adding the lime carcass and roast for 30 minutes.

Meanwhile, rinse your rice very well for 4-5 minutes and cook with 300ml of water with a pinch of salt in a lidded saucepan over low heat until all of the water is boiled and small holes appear in the surface (10-12 minutes). Fluff with a fork and replace the lid to absorb any leftover hydration. Place on a large plate to fully cool, spread out evenly, add your drained sweetcorn, pineapple, cucumber, honey, mint leaves and mix very well. Slice 1 lime into 4 for serving over the dish. Divide the rice up equally between four bowls.

When the chicken is done, distribute equally between the four dishes mixing and adding any marinade and juices into the chicken.

Serve with a lime wedge.

CHIPOTLE AND LIME CHICKEN WITH PINEAPPLE RICE

430
CALORIES

42
PROTEIN

52
CARBS

6
FATS

7
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES



INGREDIENTS

120g basmati rice
1 tbsp olive oil
400g can of chickpeas, drain and rinse
2 tsp of ground cumin
40g onion, diced
1 clove of garlic, diced
30g tomato puree
40g tahini
12g red wine vinegar
250g lamb mince
40g dried cranberries

INSTRUCTIONS

Rinse your rice very thoroughly under cold water for 4-5 minutes. Meanwhile, bring 300ml salted water to a boil in a sauce pan with a pinch of salt. Add the rice and cook over a medium heat with the lid on until all of the water has evaporated (12-14 minutes). Fluff with a fork and return the lid. Leave to rest.

Meanwhile, cook your lamb mince with the garlic and onion in a frying pan on a medium heat with a pinch of salt until cooked though. Add the tomato puree, 1 tsp cumin and 200ml of water and reduce. Set aside.

In another large frying pan, heat the oil over medium high heat. Tip in the chickpeas, season and fry, stirring regularly for 6 to 7 minutes. Add 1 tsp cumin and cook for another 8 minutes, until golden and crisp.

Meanwhile, in a small bowl whisk together the tahini and red wine vinegar with 2 tablespoons of water until it is a thick smooth but runny consistency, season with a pinch of salt.

Add the cooked rice to the chickpeas, lower the heat and fry for one minute, breaking the rice up with a spoon. Add the cooked lamb and cranberries with a small glass of water and stir regularly for 4-5 minutes until the cranberries have softened.

Divide between four with the tahini dressing.

LAMB PILAF WITH CRISPY CHICKPEAS

399
CALORIES

21
PROTEIN

36
CARBS

19
FATS

3
FIBRE

50



SERVES 4 | TOTAL TIME: 1 HOUR



INGREDIENTS

450g pork shoulder steaks
450g sweet potato, peeled and diced
1 tbsp olive oil
1 leek, diced and well rinsed
30g garlic paste
250g fresh tomatoes diced
1 tsp sweet smoked paprika
1 tbsp chipotle paste
125g fresh corn
400g can of cannellini beans, drained and rinsed

INSTRUCTIONS

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

Start by dicing the pork shoulder into 1" cubes removing most visual fat and add to a deep roasting tray with a big pinch of salt and black pepper. Boil the kettle and add 250mls (1 cup) of boiling water to the pork, cover with foil and roast in the oven until and fork tender, around 60 minutes. When done, use two forks to separate the pork into pulled shredded texture.

Meanwhile, slice your leek, rinse and soak in a bowl of water for 10 minutes.

In a deep heavy based pan with a lid, add 1 tbsp olive oil with the garlic paste and fry on a medium heat until aromatic for 15-30s, add paprika, chipotle paste, salt and the leeks frying until slightly coloured and well coated. Add a lid to the pan and sweat for 5-6 minutes until softened.

Meanwhile dice and skin the sweet potato and halve the tomatoes, add to the saucepan and replace the lid for another 6-8 minutes.

Boil the kettle and then add hot water until the ingredients are just covered. Add drained corn and beans and simmer until the sweet potato is soft and reduced by 1/4, around 20 minutes.

Remove half of the mix and using an immersion or standard blender, whizz into a thick paste and add back into the pot alongside the shredded pork. Stir through and reduce until desired consistency. Check for seasoning adding salt as necessary.

SMOKEY SWEET POTATO, PORK AND WHITE BEAN ONE POT

382
CALORIES

32
PROTEIN

41
CARBS

10
FATS

8
FIBRE



SERVES 4 | TOTAL TIME: 50 MINUTES

INGREDIENTS

400g chicken breast, sliced
 2 bell peppers, sliced
 2 onions, sliced
 1 tbsp cumin
 1/2 tbsp ground coriander
 1 tsp mild chilli powder
 500g passata
 400g can red kidney beans, drained and rinsed
 2 tortilla wraps
 70g light mozzarella
 40g cheddar

INSTRUCTIONS

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

Line a springform cake tin with tin foil or parchment.

Spray a large non-stick frying pan with low calorie spray and place on a medium-low heat adding the chicken and cook for 2-3 minutes. Add the peppers and onion with a pinch of salt, cook for 2-3 minutes and add the cumin, coriander and chilli powder. Add the passata and drained kidney beans and simmer for 15 minutes.

Add a layer of the pans contents to the base of the tin, followed by a wrap, then another layer of the mix and another wrap before finishing with a final layer of chicken mix.

Top with the mozzarella and cheddar and roast in the oven for 25 minutes until golden.

395
CALORIES

40
PROTEIN

34
CARBS

11
FATS

7
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES

GF

INGREDIENTS

2 red onions
Juice of 2 limes
2 tsp oregano
8 garlic cloves, unpeeled
6 medium tomatoes, halved
2 tbsp chipotle paste
2 tbsp soft brown sugar
1kg pork tenderloin
600g sweet potatoes, peeled and diced
125ml semi-skimmed milk
12g butter

INSTRUCTIONS

Thinly slice 1 red onion and place in a bowl with the juice of 1 lime, half the oregano and a pinch each of salt and pepper. Set aside.

Bring a large pan of water to a boil and add your sweet potatoes. Bring to a low boil for 15-20 minutes.

Heat the oven grill on high.

1/4er the second red onion and place on a baking tray with the tomatoes and garlic, cut-side up. Season and grill for 8 mins until charred. Tip into a bowl with the chipotle paste, 1 tbsp of brown sugar and juice of another lime. Blitz in a blender until smooth. Place a saucepan on a medium heat and gently heat through to a simmer.

Rub the pork with 1 tsp oregano, 1 tbsp brown sugar and season. Grill for 8 mins each side until cooked through. Allow the meat to rest lightly covered with foil.

Drain the potatoes and return them to the saucepan over low heat with butter and milk and mash together very well, finishing with a whisk to smoothen the potatoes.

Divide the mash between bowls, adding the pork, sauce and lime pickled onions.

CHIPOTLE PORK WITH LIME PICKLED ONIONS AND SWEET POTATO MASH

611
CALORIES

62
PROTEIN

57
CARBS

15
FATS

7
FIBRE



SERVES 4 | TOTAL TIME: 15 MINUTES



INGREDIENTS

320g spaghetti
4 tbsp extra-virgin olive oil
1 red chilli, deseeded and chopped
2 garlic cloves, finely chopped
100g tinned crabmeat
300g prawns
20g spinach
Juice of 1/2 a lemon
25g fresh parsley, finely chopped

INSTRUCTIONS

Bring a large pan of salted water to the boil and add the pasta. Cook for 8-10 minutes.

Meanwhile, heat 3 tbsp of olive oil with the chilli and garlic in a deep saucepan over a low-medium heat. Cook the chilli and garlic very gently until they start to sizzle. Add the prawns and cook until pink then take off the heat and add the crab meat.

Add the cooked pasta and spinach keeping the saucepan over a low heat and use a pair of kitchen tongs to mix and stir, lifting and twirling.

Remove the pan from the heat and add parsley to the pasta with a pinch of sea salt and black pepper. Toss together really well, adding the juice of 1/2 a lemon and the final tbsp of oil.

SEAFOOD PASTA

477
CALORIES

28
PROTEIN

62
CARBS

13
FATS

4
FIBRE



SERVES 4 | TOTAL TIME: 90 MINUTES

DF

INGREDIENTS

600g lean diced beef
12g olive oil
200g apple slices
100g quinoa
40g walnuts
120g celery, sliced
2 tbsp soy sauce

INSTRUCTIONS

Add seasoning to your beef and leave to come to room temperature for 15 to 20 minutes.

Place olive oil in a deep saucepan over medium high heat and brown the meat for two minutes stirring constantly. Brown on all sides and then remove to a plate. Reduce the heat to medium and add celery and cook for 4-6 minutes until it starts to brown. Add the beef back into the dish with any resting juices and 2 tbsp soy sauce. Cover the ingredients with water. Cook on the hob on a medium low heat for 75 minutes. Alternatively, add the celery, soy and beef into a slow cooker on high for 6 hours or low for 8 until the meat is very tender.

30 minutes before serving, rinse the quinoa very well and add to a saucepan with 250mls (1 cup) of water and a pinch of salt, boil over a medium heat for 15 minutes, drain and return back to the pan covered to rest until serving.

15 minutes before the end, add the apple, walnuts and a pinch of salt and return to the heat. Cook through until desired consistency is reached.

Divide the quinoa between four bowls and add equal portions of the stew.

STEWED BEEF WITH QUINOA, WALNUTS AND APPLE

406
CALORIES

39
PROTEIN

22
CARBS

18
FATS

2
FIBRE



SERVES 4 | TOTAL TIME: 60 MINUTES

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INGREDIENTS

240g red onion, diced
120g carrot, diced
1 celery stick, sliced
1 clove of garlic, diced
450g 5% lean minced beef
30g tomato purée
1 tbsp Worcestershire sauce
1 tsp chipotle paste
400g can chopped tomatoes
400g can of kidney beans
200g sweet potato, peeled and chunked

INSTRUCTIONS

Heat a deep pan on low, add the onion, carrot and celery and sweat for 10 mins until soft. Add the beef and cook through.

Add the tomato purée, stir very well and cook for a few mins, then add tomatoes, chipotle, Worcestershire, sweet potato and a can full of water. Season and bring to the boil.

Simmer on a low heat for 30-40 mins until the sweet potatoes are tender, stirring a few times throughout cooking to make sure they are cooking evenly.

SWEET POTATO BEEF CHILLI

314
CALORIES

32
PROTEIN

33
CARBS

6
FATS

7
FIBRE



SERVES 4 | TOTAL TIME: 10 MINUTES



INGREDIENTS

400g can of chickpeas, drained and rinsed
1 teaspoon of vanilla extract
80g nut butter
2 pinches of sea salt
75g maple syrup
50ml water
50g of 85% cocoa dark chocolate
25g plant based protein

INSTRUCTIONS

Using a high quality blender, blend all of the ingredients apart from the chocolate in until smooth. This may take a small amount of mixing and freeing with a spatula during the process.

Chop the chocolate into small pieces. Stir the majority of the chocolate into the cookie dough mix and sprinkle any remaining chocolate pieces on top.

Refrigerate before serving.

VEGAN COOKIE DOUGH

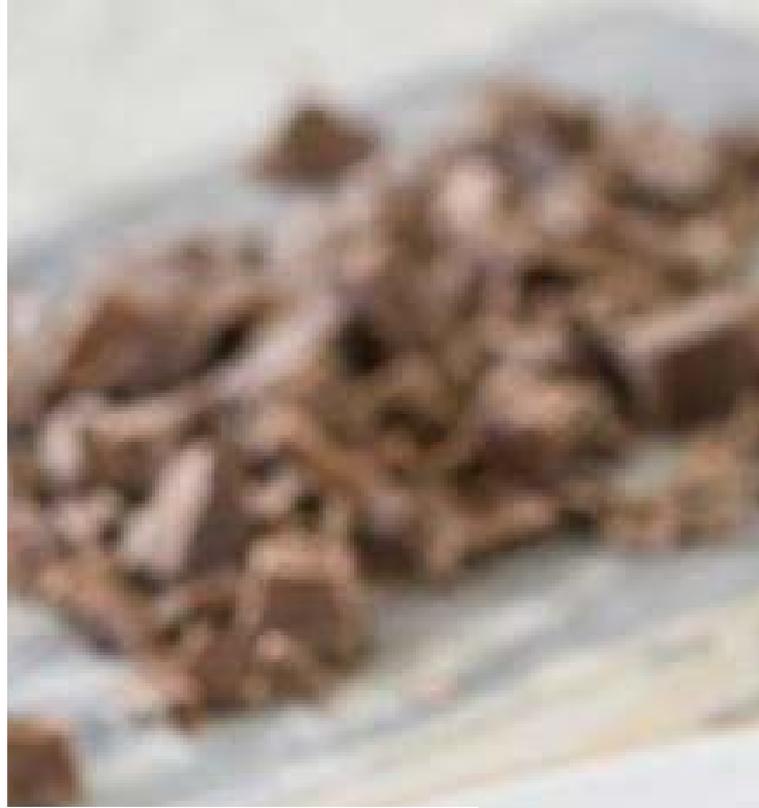
336
CALORIES

14
PROTEIN

34
CARBS

16
FATS

4
FIBRE



DESSERTS







SERVES 12 | TOTAL TIME: 40 MINUTES



INGREDIENTS

100g coconut oil
90g plain chocolate
75g sugar
2 tsp vanilla extract
2 eggs
125g ground almonds
50g dark chocolate (70-90%) cut into chunks
50g pecans roughly chopped

INSTRUCTIONS

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

Grease an 8-inch metal baking pan with some of the coconut oil and set aside.

In a large microwave safe bowl, heat the coconut oil and 90g plain chocolate for 15-30 seconds at a time, stirring occasionally until melted (about 60 seconds total) together. You can also heat the oil and chocolate over a pan of boiling water in a heatproof bowl. Don't allow the chocolate to overheat as the eggs might cook if the chocolate and oil are very hot. Add sugar, vanilla extract and eggs and mix until well incorporated. Stir in the almond flour just until combined and add the remaining 50g dark chocolate cut into chunks and 50g pecans roughly chopped and stir through.

Spoon the brownie batter into the pan and spread until even and bake for 28-32 minutes or until the center is barely set and a crust has formed on top. Remove from the oven and cool completely before cutting. Store leftovers in an air-tight container for up to 4 days.

GLUTEN FREE PECAN BROWNIE

265
CALORIES

4
PROTEIN

15
CARBS

21
FATS

1
FIBRE



SERVES 6 | TOTAL TIME: 2 HOURS



INGREDIENTS

200g sweet potato, peeled
2 large eggs
4 tbsp honey
2 tbsp peanut butter
1 tsp baking powder
25g desiccated coconut
30g oats
2 tsp cinnamon
1 tsp cardamom
1 large apple diced
50g blueberries
1/4 tsp salt
40g cane sugar
20g hazelnuts, diced

INSTRUCTIONS

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

Using a blender, blend the sweet potato down into a very fine chunks. Add the remaining ingredients (minus the apple, blueberry and the coconut sugar) and combine well in the food processor. Dice the apple and set aside.

Toss diced apples and blueberries in sugar and 1 tsp. cinnamon and carefully fold into the berries and apples to the sweet potato mix.

Spray an 8 inch springform tin with light cooking oil, line your tin with parchment paper, spray the inside and add the batter.

Bake for 45-55 minutes until the top is golden brown and a toothpick inserted into the centre comes out clean.

Allow to fully cool before cutting, ideally a minimum of 30 minutes.

WHOLE FOOD TART

260
CALORIES

6
PROTEIN

32
CARBS

12
FATS

3
FIBRE



SERVES 1 | TOTAL TIME: 10 MINUTES



INGREDIENTS

150g eating apples, peeled, cored and thinly sliced
2cm piece of ginger, grated
1/4 tsp cinnamon
Zest and juice of 1/2 lemon
20g granola
125g low fat plain yoghurt

INSTRUCTIONS

Combine all of the ingredients apart from the granola and yoghurt in a microwaveable cup. Microwave on a medium heat for 3 minutes until the apple has softened. Allow to cool for 2 minutes.

Top the apple with granola and spoon the yoghurt over with a dash of cinnamon to serve.

GINGER AND APPLE CRISP

259
CALORIES

10
PROTEIN

39
CARBS

7
FATS

5
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES



INGREDIENTS

15g walnuts
10g salted butter
120g banana, cut into thick diagonal slices
1/4 tsp cinnamon
3 cardamom pods
12g maple syrup
150g Greek style plain yoghurt

INSTRUCTIONS

Add the walnuts to a non-stick frying pan over a medium heat for 2 to 3 minutes, until lightly toasted and then tip onto a board and chop.

Return the pan to the heat and add the butter. When melted, add the bananas in a single layer and allow to cook undisturbed for 1 1/2 minutes.

Flip them over, add the cinnamon and cardamom and cook for a further two minutes until light gold.

Drizzle over the maple syrup, scatter the walnuts and cook for one minute, shaking the pan a little to coat until sticky. Remove from the heat and spoon into two bowls finally adding Greek yoghurt.

MAPLE AND CINNAMON BANANAS AND WALNUTS WITH GREEK YOGHURT

261
CALORIES

6
PROTEIN

21
CARBS

17
FATS

2
FIBRE

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