

#Whosthisguy

WHOSTHISGUY'S READY-MADE

ALWAYS TIME FOR PLANNING

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READY-MADE
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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



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KEY

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

BREAKFAST







SERVES 4 | TOTAL TIME: 40 MINUTES



INGREDIENTS

225g gluten free oats
700ml semi-skimmed milk
30g goji berries
1 tbsp maple syrup
1 tsp cinnamon
60g sunflower seeds
25g sesame seeds
Pinch of salt

INSTRUCTIONS

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

Very lightly grease a ceramic dish with butter or light spray oil.

Mix all of the ingredients in one bowl and then add all of the batter to the ceramic dish, then bake for 30 minutes. Stir 15 minutes in, adding water if it is sticking or becoming too thick for your preference.

Remove from the oven and divide between four bowls.

BAKED OAT PORRIDGE WITH GOJI AND CINNAMON

463
CALORIES

18
PROTEIN

55
CARBS

19
FATS

4
FIBRE



SERVES 1 | TOTAL TIME: 5 MINUTES



INGREDIENTS

70g apricots (with stone)
125g papaya flesh
200ml orange juice
14g sesame seeds
Pinch of sea salt

INSTRUCTIONS

Peel and dice the fruit and add all ingredients to a pint glass or protein shaker for blending with an immersion (stick) blender or a standalone blender and blitz for 60s or until desired consistency.

Add water or ice if needed to keep cool or loosen if it's thick.

BREAKFAST COCKTAIL

244
CALORIES

7
PROTEIN

36
CARBS

8
FATS

5
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES



INGREDIENTS

1 tbsp (12g) olive oil
1 onion
1 chilli deseeded
1 tsp turmeric
2 cloves garlic crushed
80g coconut cream
200g spinach salt and pepper
6 eggs
4 slices of wholewheat Nimble bread

INSTRUCTIONS

Heat a tablespoon of water with olive oil in a small saucepan and add the onion and chilli and cook over low heat until softened.

Stir in the turmeric, garlic and coconut cream cooking until the cream gently bubbles and add the spinach. Stir the mixture until the spinach wilts and remove from the heat adding seasoning.

Cook your eggs with your preferred method, poached, boiled or omelette for example and toast your wholemeal bread.

Spoon 1/4 of the spinach mixture and add 1/2 the egg mixture on top.

Season with black pepper.

EGGS WITH SAUTEED SPINACH ON WHOLEMEAL

504
CALORIES

27
PROTEIN

27
CARBS

32
FATS

12
FIBRE



SERVES 2 | TOTAL TIME: 25 MINUTES



INGREDIENTS

4 medium eggs
400g quark
4 tbsp granulated sweetener
1/2 tsp almond or vanilla extract
30g raspberries
Light cooking oil spray

INSTRUCTIONS

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

Separate your eggs into yolks and whites.

Add 200g of quark to your yolks with 2 tbsp of sweetener, the vanilla or almond extract and combine very well.

Whisk your whites into stiff peaks with an electric mixer and combine with the bowl of yolks and fold together being very careful not to knock out the air.

Spray a roasting tray with low calorie spray or parchment and carefully spread the mixture evenly. Cook for 10-12 minutes until just firm. Leave to cool.

Meanwhile, add 2 tbsp sweetener the remaining 200g of quark. Once the roulade is cooled, spring it from the tray and spread over your quark mixture. Add a handful of raspberries and roll carefully.

Keeps in the fridge.

BREAKFAST PROTEIN ROULADE

294
CALORIES

42
PROTEIN

9
CARBS

10
FATS

1
FIBRE



SERVES 1 | TOTAL TIME: 15 MINUTES

GF DF

INGREDIENTS

120g frozen blueberries
2 medium slices of wholemeal bread
1 heaped tsp (17g) honey
40g almond butter

INSTRUCTIONS

Add the berries and honey to a sauce pan with 1tbsp water and reduce on the hob for 8-12 minutes on a low heat until a desired thickness has been reached.

Toast 2 medium slices of your favourite whole bread or sourdough and add 20g of nut butter to each slice.

Add the berries on top of the nut buttered toast and add erythritol to sweeten.

BERRY COMPOTE TOAST

517
CALORIES

16
PROTEIN

57
CARBS

25
FATS

8
FIBRE

SIDE DISHES







SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

2 tbsp olive oil
1 onion chopped
2 cloves of garlic chopped
300g carrots cut into 1cm pieces
250g light halloumi cut into 2.5cm chunks
2 tbsp (50g) harissa
25g flat leaf parsley
2x 250g microwave rice pouches
1/2 lemon juice

INSTRUCTIONS

Heat 1 tablespoon of oil in a large pan adding the onion and garlic, cooking for five minutes until soft. Add the carrots with 2 tablespoons of water, cover and cook over low heat for 10 minutes, until soft.

Meanwhile, in a small frying pan, fry the halloumi in the remaining 1 tbsp oil over a high heat for two minutes.

Add the harissa and parsley to the carrots, season and mix well. Stir in the rice, then cook over a medium heat for 3 to 4 minutes until very hot. Stir through the halloumi and lemon juice then divide between four bowls.

CARROT AND HALLOUMI RICE

398
CALORIES

19
PROTEIN

31
CARBS

22
FATS

9
FIBRE



SERVES 2 | TOTAL TIME: 10 MINUTES



INGREDIENTS

220g tenderstem broccoli
1 tbsp olive oil
1/2 garlic clove
1/2 lemon, juice and zest
Sea salt and black pepper
2 tbsp (20g) crushed walnuts to serve

INSTRUCTIONS

Trim the rough ends from the broccoli and add to a saucepan of salted boiling water for 2-3 minutes.

Meanwhile, in a frying pan over medium low heat, add your olive oil and diced garlic until fragrant and add the blanched broccoli. Sauté for 2 minutes then add the lemon zest and juice, salt and black pepper.

Lay on a dish and top with 2 tbsp crushed diced walnuts.

TENDERSTEM BROCCOLI WITH LEMON AND GARLIC

162
CALORIES

6
PROTEIN

3
CARBS

14
FATS

4
FIBRE



SERVES 2 | TOTAL TIME: 55 MINUTES

GF

INGREDIENTS

600g sweet potato
4 rashers of streaky bacon
60g cheddar cheese
1 tsp olive oil
1 tsp smoked paprika

INSTRUCTIONS

Preheat oven to 180C/350F/Gas Mark 4.

Rinse your sweet potatoes and slice through them top to bottom leaving a 1 cm gap at the bottom as not to slice the whole way through. Make cuts every half a centimetre or so along the potato.

Pop them into a roasting tray coating them with a teaspoon of oil and roast for 45 minutes.

Meanwhile pan fry rashers of streaky bacon and grate your cheddar.

Once the potatoes are ready and your bacon diced up over the top along with the cheddar and a little smoked paprika and pop back in the oven or very hot grill for 8-10 more minutes or until the cheese has melted.

HASSELBACK SWEET POTATOES WITH BACON AND CHEDDAR

565
CALORIES

21
PROTEIN

64
CARBS

25
FATS

7
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES

INGREDIENTS

100g pack of cous cous
100g back bacon (around 4 slices)
75g red onion diced 1cm thick
120g courgette sliced 1cm thick
85g carrot diced into 1cm cubes
40g green beans diced 1cm thick
20g butter
24g parmesan
1/4 tsp smoked paprika

INSTRUCTIONS

Dice all of your veggies and add the butter to a nonstick pan over medium low and add the diced carrot to sauté for 4-6 minutes stirring infrequently.

Meanwhile, finely dice your bacon and onion and then add them to the pan. Sauté for another 4 to 6 minutes until darkened, stirring infrequently.

Boil the kettle to reconstitute your cous cous according to the pack instructions. Wash and slice the courgette, pulling the veggies and bacon to one side add the slices of courgette making full pan contact, as well as your green beans. Add a quarter teaspoon of smoked paprika to the courgette and cook for 4 to 6 minutes aside untouched.

When the courgette is soft, add the reconstituted cous cous to the pan and stir to combine. Divide into bowls and top with Parmesan.

COURGETTE (ZUCCHINI) AND BACCON COUS COUS

260
CALORIES

12
PROTEIN

26
CARBS

12
FATS

5
FIBRE



SERVES 2 | TOTAL TIME: 30 MINUTES

GF

INGREDIENTS

200g full fat feta
75g red onion
80g red bell pepper
65g squash
1/2 tsp chipotle paste
16g honey
11g olive oil
1/2 tsp dried mint
1/2 tsp dried oregano

INSTRUCTIONS

Preheat your oven to 180C/350F/Gas Mark 4

Finely dice all of the vegetables and lay them into a roasting tray with a pinch of salt. Add your block of feta on top and coat with the Chipotle paste, honey, herbs and olive oil.

Roast in the middle of the oven for 25 to 30 minutes until lightly charred on the edges and the cheese is smooth and squishy.

Mix together and serve on top of or in addition to your favourite grilled chicken, lamb, pork or beef cuts or even on crusty sourdough, toasted pita or wraps.

CHIPOTLE HONEY BAKED FETA

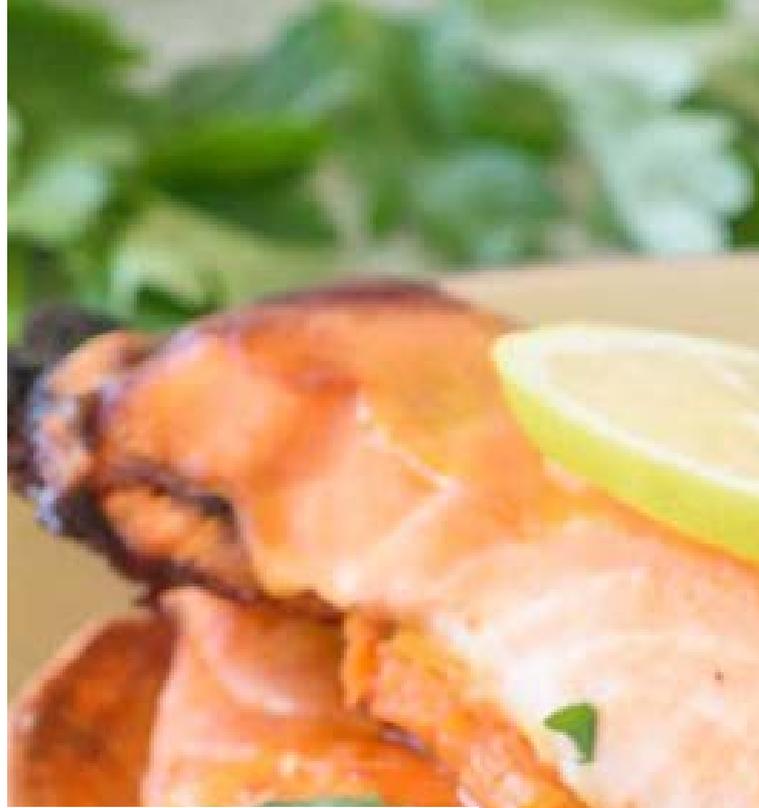
371
CALORIES

17
PROTEIN

15
CARBS

27
FATS

1
FIBRE



MAIN COURSES







SERVES 4 | TOTAL TIME: 6-8 HOURS

DF

INGREDIENTS

12g olive oil
500g 5% beef mince
1 onion chopped
225g chicken livers chopped
2 cloves garlic
50g smoked streaky bacon
150g mushrooms sliced
8g plain flour
1 beef stock cube
400g tin of tomatoes
40g tomato puree
Pinch of salt and black pepper
1 bay leaf
2 sticks of thyme
Handful of torn fresh parsley

INSTRUCTIONS

Heat the oil in a frying pan adding the beef and onion and fry together breaking up the mixture until browned. Add the livers to the frying pan with the garlic, mushrooms and bacon and cook until the livers are browned.

Stir in the flour and then add the stock cube, tomatoes, tomato puree, herbs and seasoning and bring to a boil.

Decant into a slow cooker on high for 6 hours or low for 8 hours or cook out on the hob over a low heat for 45 minutes until desired consistency.

GOURMET STYLE BOLOGNESE

333
CALORIES

42
PROTEIN

12
CARBS

13
FATS

6
FIBRE



SERVES 2 | TOTAL TIME: 55 MINUTES

GF DF

INGREDIENTS

24g olive oil
24g soy sauce
1 tbsp of capers
4 tbsp (32g) marsala wine
1 tbsp wholegrain mustard
2 cloves of garlic crushed
4 thin slices of lemon
4 tuna steaks (usually around 140g each)

INSTRUCTIONS

Add all of the ingredients to an oven safe dish and coat the tuna steaks very well finally laying lemon slices on top.

Cover and rest in the fridge for 20 - 30 minutes.

Preheat your oven to 180C/350F/Gas Mark 4 and place the covered dish in the oven for 15-20 minutes. Turn your steaks 10 minutes in.

Thin steaks cook very quickly so be cautious of time.

Ideally your tuna should still be slightly pink in the middle.

Serve with veggies and rice.

MARINATED TUNA STEAKS

278
CALORIES

34
PROTEIN

4
CARBS

14
FATS

2
FIBRE



SERVES 4 | TOTAL TIME: 2.5 HOURS



INGREDIENTS

- 1 diced onion
- 2 cloves garlic crushed
- 1kg lean diced steak or beef shin
- 1 tablespoon tomato paste
- 1 beef stock cube or pot
- 1 teaspoon dried oregano
- 1 sprig fresh thyme
- 1 bay leaf
- 1kg butternut squash, peeled and cut in 1-inch cubes

INSTRUCTIONS

Add all ingredients minus the squash to a slow cooker and cook on low for 6 hours, add the squash for the final two.

Alternatively, in a deep pan add the onion, garlic and beef on a medium low heat and cook until the beef is slightly browned. Add the tomato paste, the reconstituted stock and the herbs and simmer for 1 1/2 to 2 hours.

Add the butternut squash and cook for a further 30 minutes.

Serve with dark greens such as cabbages, kale or cavolo nero.

DICED STEAK AND SQUASH STEW

451
CALORIES

59
PROTEIN

29
CARBS

11
FATS

19
FIBRE



SERVES 4 | TOTAL TIME: 35 MINUTES



INGREDIENTS

- 1 onion cut into 4
- 800g parsnips cut into 4
- 600g butternut squash cut into 4
- 920g pork tenderloin (2x tenderloins)
- 80g maple syrup or honey
- 1.5 tbsp (20g) olive oil
- 2 tsp dried rosemary (use thyme if you don't like rosemary)
- 1 tsp butter
- 2 tsp wholegrain or dijon

INSTRUCTIONS

Preheat oven to 220C/425F/Gas Mark 7 and cover a tray with foil. Add the parsnips and onion wedges, 1 tablespoon each of maple syrup and the olive oil with the rosemary. Season with sea salt and mix until well coated. Roast on the top shelf for 20 minutes.

Meanwhile, heat a pan over a medium heat.

Add 1 tsp olive oil and a generous pinch of sea salt to a plate, mix together and then roll the pork in the oil to coat. Place into the pan and cook all over for 4-5 minutes making sure to brown all sides. Turn off the heat and add butter, mustard and the remaining maple syrup to the pan, spooning over the pork. Set aside and pull the tray from the oven.

Add the pork and all of its sauce to the roasting tray shaking everything together, coating very well. Roast for another 10 minutes until the pork is cooked through and the veggies fully tender. Add a little water to the tray if the veggies need more time to cook through.

Serve with steamed tenderstem broccoli or peas with mangetout or any of your favourite vegetables.

MAPLE ROOT VEG AND TENDERLOIN TRAYBAKE

668
CALORIES

57
PROTEIN

56
CARBS

24
FATS

12
FIBRE



SERVES 2 | TOTAL TIME: 40 MINUTES



INGREDIENTS

500g of butternut squash diced
2 red onions cut into 1/4 wedges
2 tbsp olive oil
1 tsp cumin seeds
1 tsp hot smoked paprika
2 cloves garlic (whole and unpeeled)
150g full leaf kale (not shredded)
250g pack light halloumi (break lengthways)
1 lemon zest and juice
1 tsp capers

INSTRUCTIONS

Preheat oven to 220C/425F/Gas Mark 7.

Put the butternut and onions in a large roasting tin with 1 tablespoon of oil, the cumin and paprika; then season and toss together. Roast for 20 minutes until the butternut is tender; then reduce the oven to 200C/400F/Gas Mark 6.

Put the garlic (unpeeled) and kale in another tin and drizzle with half a tablespoon of oil and seasoning. Add the halloumi to the pumpkin tin and roast both tins for 15 to 20 minutes until everything is golden.

Remove the garlic from its skin into a small bowl and mash with a fork, adding the lemon zest, juice, capers and the remaining half a tablespoon of oil. Tip the kale into the butternut tin, drizzle over the dressing and stir together and serve.

SQUASH, KALE AND HALLOUMI TRAYBAKE

611
CALORIES

38
PROTEIN

36
CARBS

35
FATS

19
FIBRE



SERVES 6 | TOTAL TIME: 40 MINUTES



INGREDIENTS

220g canned drained chickpeas
1.2kg sweet potato cut into 1" pieces
2 tbsp olive oil
1 tsp sea salt
1 tsp cumin seeds
1 red onion cut into 8ths
150g spinach leaves
150g pumpkin seeds
300g low fat plain yoghurt
1 tbsp tahini
2 garlic cloves minced
1/2 tsp ground coriander
3 tbsp lemon juice

INSTRUCTIONS

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

Toss the sweet potato, salt and cumin seeds together with the oil and add to a baking tray. Roast for 10 minutes, then add the red onion wedges and cook for a further 10 minutes, until golden and cooked through. Allow to cool.

To make the dressing, add the yoghurt, tahini, garlic, ground coriander and lemon juice in a bowl and whisk until well combined. Set aside.

When the sweet potato and onion have cooled, drain and rinse the chickpeas and place in a bowl with the spinach and pumpkin seeds, seasoning with salt and black pepper. Gently add the dressing combine again and serve.

CHICKPEA AND SWEET POTATO SALAD

557
CALORIES

20
PROTEIN

72
CARBS

21
FATS

11
FIBRE



SERVES 4 | TOTAL TIME: 15 MINUTES



INGREDIENTS

20 asparagus spears, trimmed
100g olive oil
6 garlic cloves sliced
14 cherry tomatoes cut in half
15 black olives from brine, drained and sliced
Juice of 2 lemons
1 handful of fresh parsley
2 balls of mozzarella
Pinch of chilli flake
Torn basil leaves

INSTRUCTIONS

Blanche the asparagus in boiling water for no more than two minutes, then add to iced water until the asparagus is cold. Remove from the water and place on a paper towel to soak up the excess water.

Place a non-stick pan on a medium heat with the olive oil and add the garlic until fragrant and slightly golden. Add the cherry tomatoes, olives, lemon juice and parsley and cook for 30 seconds, add the asparagus and cook for a further 30 seconds.

Arrange the asparagus salad on four plates and season with salt and freshly ground black pepper. Top with the mozzarella roughly torn, then sprinkle with chilli flake and torn basil leaves.

ASPARAGUS SALAD WITH MOZZARELLA AND CHERRY TOMATOES

495
CALORIES

20
PROTEIN

7
CARBS

43
FATS

4
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES



INGREDIENTS

300g sweet potato cut into 1" slices
600g salmon
2 tsp (6g) olive oil
Sea salt and pepper
1/2 tsp cumin
1/2 tsp smoked paprika
100g maple syrup
30g dijon mustard
Zest of one lemon plus slices
Parsley to garnish

INSTRUCTIONS

Preheat your oven to 220C/425F/Gas Mark 7.

Combine the maple syrup and Dijon with a pinch of salt and pepper along with the lemon zest in a small bowl, stirring together and setting aside.

Line a deep roasting dish with foil adding the sweet potato slices with a tablespoon of olive oil salt, black pepper, cumin and paprika and arrange on a sheet pan so they aren't touching.

Roast for 15 minutes, or until tender.

Remove the sweet potatoes from the oven and turn each one over. Place the salmon in the centre of the potatoes and spoon over half of the glaze from the bowl. Lay lemon slices on top and return to the oven for 10-12 minutes until the salmon flakes easy.

Pour the remaining glaze over and sprinkle with chopped parsley and divide up between dishes.

MAPLE MUSTARD SALMON AND SWEET POTATOES

519
CALORIES

33
PROTEIN

36
CARBS

27
FATS

2
FIBRE



SERVES 1 | TOTAL TIME: 5 MINUTES

DF GF

INGREDIENTS

120g sliced smoked salmon slices
60g houmous
60g cucumber cut into matchsticks
40g carrot cut into matchsticks
1/2 red pepper sliced lengthways
2 tsp dijon mustard
40g watercress

INSTRUCTIONS

Take a slice of smoked salmon, spread it with houmous and dijon and then layer with cucumber, avocado and red pepper slices.

Keep going until all ingredients are used and serve over a bed of watercress.

LOW CARB SMOKED SALMON ROLL UPS

466
CALORIES

35
PROTEIN

14
CARBS

30
FATS

3
FIBRE



SERVES 1 | TOTAL TIME: 15 MINUTES

BACON, EGG AND CHEESE ON WHOLEMEAL

INGREDIENTS

2 rashers of back bacon
30g mozzarella grated
60g spreadable low fat soft cheese
1 egg
2 medium slices of wholemeal
2 tsp dijon mustard
1/2 a tomato sliced
30g rocket and spinach
Pinch of sea salt
Diced chives to garnish

INSTRUCTIONS

Cook bacon under a very hot grill for 4 minutes a side or in a non-stick pan on medium heat until crisp, turning infrequently. Leave to cool.

Meanwhile, set a non-stick pan on a medium heat and whisk the egg in a bowl with a pinch of salt and add your mozzarella grated. Pour the mixture into the pan stirring after 30s and again in another 30, fold together in the middle of the pan to the same size as your bread and leave to cool.

Arrange your sandwich laying out your bread adding half of the cream cheese, dijon and slices of tomato, a pinch of sea salt and then bacon. Tightly fold your salad veggies and pack them tightly into the sandwich adding the folded egg mixture on top. Garnish with chives and place the second slice of bread buttered with cream cheese on top.

Wrap in paper or foil or eat immediately.

521
CALORIES

39
PROTEIN

35
CARBS

25
FATS

5
FIBRE



SERVES 4 | TOTAL TIME: 1.5 HOURS

GF

INGREDIENTS

1 medium whole chicken
400g squash diced into 1" cubes
200g sweet potatoes diced into 1" cubes
1 whole red onion
80g babycorns
2 cloves of garlic
3-4 sprigs of Rosemary
1 lemon halved
95g (1/2 jar) reduced fat pesto
Sea salt

INSTRUCTIONS

Remove chicken from packaging and place into a tray, cover liberally with sea salt and leave covered for 1-6 hours.

Preheat your oven to 220C/425F/Gas Mark 7.

In a roasting tray throw in baby corns, a lemon, 1 large sweet potato, diced butternut, onions, a few sprigs of rosemary, a whole clove of garlic, sea salt and black pepper - toss together.

Spatchcock a chicken by cutting either side of the spine and pressing firmly on the collarbone to flatten the bird, lay on top of the veggies in the tray adding the cut discard into the tray base.

Roast at 220C/452F/Gas Mark 7 for 20 mins then drop to 200C/400F/Gas Mark 6 for 45 minutes or until the juices run clear when pricked.

Remove the chicken from the tray and rest the meat covered loosely for 10 mins whilst you mix the veg in the tray, squeeze over the now glazed lemons juice and add a jar of reduced fat pesto, mixing very well, return the veggie tray to the oven.

After 10 minutes, carve the chicken and divide equally between four plates, remove the roots from the oven and add to each plate. Serve with any additional steamed veg or side salad.

WHOLE ROAST CHICKEN WITH ROOT VEG AND PESTO

560
CALORIES

41
PROTEIN

27
CARBS

32
FATS

5
FIBRE



SERVES 2 | TOTAL TIME: 20 MINUTES

CAJUN SPICED PRAWN PASTA

INGREDIENTS

160g wholewheat spaghetti
80g rocket
Juice of 1 lemon
140g frozen peas
140g prawns
1 tsp cajun spice mix
15g half fat crème fraîche
20g parmesan

INSTRUCTIONS

Bring water to boil in a large saucepan with a big pinch of salt and add your spaghetti. Boil for 10 minutes adding the frozen peas for the last minute of cooking.

In a separate bowl combine lemon juice and rocket with a little salt and pepper. Set aside.

Drain the pasta and peas reserving 1/2 cup of the liquid, return the pan with with pasta to a medium heat and add in the prawns and cajun spice mix with a little of the reserved water to stop the pasta from sticking for 2 minutes. Lower the heat and add the crème fraîche, with some water if needed, and finally half of the parmesan and turn off the heat.

Add the pasta to bowls dividing up the rocket salad and serve with a dusting of the second half of parmesan.

444
CALORIES

30
PROTEIN

63
CARBS

8
FATS

10
FIBRE



SERVES 2 | TOTAL TIME: 20 MINUTES

DF

INGREDIENTS

160g wholewheat pasta
300g 5% beef mince
12g olive oil
2 cloves of garlic minced
1 red onion diced
80g spinach
8g honey
3 tbsp soy sauce
1 tsp smoked paprika
Sea salt and pepper

INSTRUCTIONS

Set a pan to a medium heat and boil your kettle, add water and a big pinch of salt to another saucepan and add your pasta. Cook for 10 minutes.

Meanwhile, add beef, onion and garlic to the pan and cook through until the onion softens (4-6 minutes). Add the honey, soy, paprika, plenty of black pepper and a little pasta water with the spinach and stir very well. Cook for another 4-6 minutes until any water is reduced and the beef is fully cooked.

Drain the pasta and stir into the beef with the olive oil.

Serve whilst hot or reheat later.

GARLICKY (GROUND) STEAK MINCE WITH PASTA

582
CALORIES

46
PROTEIN

68
CARBS

14
FATS

8
FIBRE



SERVES 4 | TOTAL TIME: 1 HOUR 20 MINUTES

GF

INGREDIENTS

500g 5% beef mince
1 tsp cinnamon
1 tsp cumin
100g mozzarella grated
100g cheddar grated
1t olive oil
1 onion finely chopped
2 garlic cloves finely chopped
2 tsp chipotle paste
400g tin of tomatoes
25g 70% dark chocolate
1 cup of coriander diced
1 limes juice
1/4 red onion finely chopped
1 green chilli deseeded and chopped

INSTRUCTIONS

In a bowl combine the cinnamon, beef, cumin and seasoning and combine. Divide into 4 balls.

Combine the grated cheeses in one bowl and squeeze together to make 4 balls.

Press one of the beef balls into a flat circle and add 1 ball of cheese in the middle. Gather the sides and enclose the cheese moulding it with your palms. Repeat until all ingredients are used.

Heat the oven to 200C/400F/Gas Mark 6 and heat the olive oil in a frying pan cooking the onion with a pinch of salt for 10 minutes until soft. Add the garlic and cook for 1 minute. Add to a food processor with the tomatoes, chipotle, chocolate and plenty of salt and pepper. Blitz until very smooth.

Pour this mixture into a deep roasting tray, adding the meatballs to the sauce not touching. Bake for 45 minutes until the meatballs have browned and the sauce thickens.

Put the coriander, 1/4 onion, lime juice and green chilli in a bowl, season well and mix.

Serve the meatballs with the coriander salsa to spoon over.

CHEESE STUFFED MEXICAN MEATBALLS WITH CORIANDER SALSA

416
CALORIES

40
PROTEIN

10
CARBS

24
FATS

1
FIBRE



SERVES 4 | TOTAL TIME: 40 MINUTES



INGREDIENTS

320g romaine lettuce
45g olive oil
24g white wine vinegar
1 tbsp fresh parsley chopped
1/4 tsp oregano
8g honey
40g walnuts
240g avocado flesh
1kg chicken breast

INSTRUCTIONS

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

Place your raw chicken on a roasting tray, season with salt and black pepper and roast in the oven for 30 minutes. Remove from the oven and allow to rest.

Whilst your chicken is resting, tear or slice the lettuce into large pieces and place on a large serving dish. Whisk the olive oil, honey, vinegar, parsley and oregano in a small bowl until completely combined and season with salt and pepper to taste.

Halve and peel the avocado removing the stone and slice into chunks. Add the avocados to the dressing and coat.

Spoon the avocados evenly over the bed of lettuce and sprinkle the walnuts over the salad. Dice all of your chicken breast and add to the salad and toss all of the items together, finally adding the remaining dressing and serve immediately.

LOW CARB CHICKEN, AVOCADO AND WALNUT SALAD

560
CALORIES

64
PROTEIN

4
CARBS

32
FATS

1
FIBRE



SERVES 4 | TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

36g butter
24g caster sugar
300ml sweet Marsala wine
1 pear
4 figs
2 peaches
2 nectarines
1 apple
100g pistachio

INSTRUCTIONS

Preheat an oven to 200C/400F/Gas Mark 6 and melt butter in a saucepan with the sugar and masala and cook over low heat for 5 to 10 minutes until syrupy, set aside and cool.

Cut and quarter all of the fruit and place into a mixing bowl with the pistachio nuts and pour over 2/3rd's of the syrup, tossing together.

Lay the mixture onto a baking tray and cook for 25 to 30 minutes until the fruit is warmed through but not completely cooked. Remove from the oven and spoon into four plates dividing up the remaining syrup with the juices from the baking dish and drizzle over the bowls.

WARM FRUIT SALAD

441
CALORIES

7
PROTEIN

56
CARBS

21
FATS

4
FIBRE

DESSERTS





66



SERVES 4 | TOTAL TIME: 60 MINUTES

ROASTED PEACH STACKED PARFAIT

INGREDIENTS

440g peaches
32g honey
1/2 tsp vanilla essence
600g of low fat greek yoghurt
100g "Fruit and Fibre" type cereal

INSTRUCTIONS

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

Slice your peaches and lay into a roasting dish, drizzle with honey and add vanilla essence, mix well and add them to the oven for 10-15 minutes until soft. Allow the peaches to fully cool and add them with juices evenly to individual glasses or four bowls.

Layer on top of the peaches 15g of "fruit and fibre" cereal and then 75g of low fat greek yoghurt to each bowl. Finally add another 10g of cereal on top of the yoghurt and another 75g of yoghurt.

Eat right away or fully chill for 30 minutes before serving.

243
CALORIES

10
PROTEIN

44
CARBS

3
FATS

4
FIBRE



SERVES 2 | TOTAL TIME: 20 MINUTES



INGREDIENTS

2 bananas (around 110g each)
60g 70% dark chocolate
26g almond butter
20g raisins

INSTRUCTIONS

Preheat your oven to 180C/350F/Gas Mark 4

Make a deep lengthwise cut along the inside curve of your banana, not going all the way through to make a pocket, fill this with the dark chocolate and raisins.

Wrap each banana in foil, making sure you leave a little opening on top for the bananas to slightly brown. Lay against the sides of the roasting tray or use an oven safe dish to keep the bananas upright, cook for 12 to 15 minutes until the bananas skins are spotted black.

When done, carefully remove and peel back the foil and add your almond butter topping with any additions that meet your preference.

CHOCOLATE ALMOND WARM BANANA SPLIT

356
CALORIES

6
PROTEIN

47
CARBS

16
FATS

3
FIBRE



SERVES 2 | TOTAL TIME: 5 MINUTES

GF

INGREDIENTS

250g ricotta
32g whey protein
150g punnet of raspberries
1 tsp lemon juice
1 tsp powdered sweetener

INSTRUCTIONS

Place the ricotta into a bowl with the protein powder and mix very well until combined.

Add the berries with a small amount of lemon juice and sweetener, stir to combine and serve.

CHEESECAKE BERRY PUDDING

263
CALORIES

25
PROTEIN

7
CARBS

15
FATS

2
FIBRE



SERVES 4 | TOTAL TIME: 45 MINUTES

GF

INGREDIENTS

340g plums (around 4 large), halved, stone removed
70g honey
2 bay leaves
1/4 ground cinnamon
50g almond butter
150g plain Skyr
25g flaked almonds

INSTRUCTIONS

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

In a deep roasting tray, combine plums, honey, bay and cinnamon. Add 3 tbsp water and lay cut side up in the tray.

Cover with a lid or foil and bake for 15-20 minutes to soften. Uncover and continue baking until plums are completely tender and the edges just start to darken (around 15-20 minutes).

Serve each plum in a dish with a heaped tsp of almond butter (12g), a heaped tbsp (around 35-40g) of Skyr yoghurt, finally dressing with a tbsp of flaked almonds.

HONEY BAKED PLUMS WITH ALMOND BUTTER

223
CALORIES

8
PROTEIN

23
CARBS

11
FATS

3
FIBRE

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