

#Whosthisguy

# WHOSTHISGUY'S READY-MADE

ALWAYS TIME FOR PLANNING

WHOSTHISGUY.NET

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## READY-MADE

ALWAYS TIME FOR PLANNING



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

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<b>V</b>	VEGETARIAN
<b>VE</b>	VEGAN
<b>DF</b>	DAIRY FREE
<b>GF</b>	GLUTEN FREE
<b>N</b>	CONTAINS NUTS
<b>Q</b>	QUICK

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# BREAKFAST







SERVES 1 | TOTAL TIME: 10 MINUTES

GF V

## INGREDIENTS

250g cottage cheese  
35g apple, diced  
30g chopped walnuts  
1 tbsp maple syrup  
1 pinch cinnamon

## INSTRUCTIONS

Add all the ingredients to a bowl or container. Enjoy immediately or refrigerate in an airtight container up to four days.

# CINNAMON APPLE BREAKFAST BOWL

444  
CALORIES

31  
PROTEIN

26  
CARBS

24  
FATS

2  
FIBRE



SERVES 1 | TOTAL TIME: 12 MINUTES

DF

## INGREDIENTS

1cm thick slice of beef tomato  
60g slice of black pudding  
1 reduced fat pork sausage, sliced in half  
1 rasher of back bacon  
1 medium egg  
Handful of spinach

## INSTRUCTIONS

Heat an oven grill to a medium-high temperature.

Arrange black pudding, sausage, tomato and bacon across a grill pan and cook for 8 minutes, turning occasionally.

Meanwhile, prepare the poached egg by first placing it in a mug of boiling water for 1 minute - this will begin to thicken the egg white. Bring a pan of salted water to the boil, reduce the heat low and carefully crack the egg into the middle and poach for 2 minutes. Remove with a slotted spoon and leave to drain on kitchen paper.

Arrange your breakfast stack with a handful of spinach at the base, tomato, then black pudding followed by the sausage, rashers of streaky bacon and top with the poached egg.

# FULL BREAKFAST STACK

389  
CALORIES

26  
PROTEIN

15  
CARBS

25  
FATS

2  
FIBRE



SERVES 1 | TOTAL TIME: 10 MINUTES

V

## INGREDIENTS

65g rolled oats  
1 tbsp cocoa powder  
125ml unsweetened almond milk  
65g frozen dark cherries  
30g chocolate whey protein

## INSTRUCTIONS

Add all ingredients into a serving bowl and mix until very well combined.

Cover and place in the fridge overnight, by which point the oats will have absorbed the liquid and defrosted the cherries.

When ready to serve add extra almond milk if needed.

# CHERRY CHOCOLATE OVERNIGHT OATS

463  
CALORIES

35  
PROTEIN

56  
CARBS

11  
FATS

7  
FIBRE



SERVES 2 | TOTAL TIME: 6 HOURS



## INGREDIENTS

125g light coconut milk  
60g chia seeds  
400g 0% strained greek yoghurt  
30g maple syrup  
80g mango, sliced  
12g coconut flakes

## INSTRUCTIONS

In a medium bowl, whisk together coconut milk, chia seeds, yogurt, syrup and add 1/4 tsp salt.

Cover and refrigerate 6-8 hours or overnight.

Spoon pudding into bowls.

Top with the mango and coconut.

# MANGO AND COCONUT CHIA PUDDING

422  
CALORIES

27  
PROTEIN

38  
CARBS

18  
FATS

14  
FIBRE



SERVES 1 | TOTAL TIME: 5 MINUTES

V

## INGREDIENTS

4 crunchy rye breads  
170g 5% strained greek yoghurt  
45g lemon curd  
60g raspberries

## INSTRUCTIONS

Lightly mix the lemon curd through the yogurt and spread onto the crunchy rye breads then top with the berries to serve.

# RASPBERRY AND LEMON BREAKFAST CRACKERBREADS

366  
CALORIES

22  
PROTEIN

47  
CARBS

10  
FATS

4  
FIBRE

# SIDE DISHES







SERVES 2 | TOTAL TIME: 65 MINUTES



## INGREDIENTS

200g red lentils  
2 tbsp olive oil  
1 small onion, finely chopped  
3 garlic cloves, finely chopped  
¼ tsp turmeric  
½ tsp garam masala  
1 small tomato, chopped

## INSTRUCTIONS

Rinse the lentils several times until the water runs clear, then tip into a saucepan with 1 litre water and a pinch of salt. Bring to the boil, then reduce the heat and simmer for 25 mins, skimming any froth from the top. Cover with a lid and cook for a further 40 mins, stirring occasionally, until it's a thick, soupy consistency.

Meanwhile, heat the oil in a non-stick frying pan over a medium heat, fry the onion and garlic until the onion is softened for around 8 mins. Add the turmeric and garam masala, then cook for a further minute. Set aside.

Tip the lentils into bowls and spoon half the onion mixture on top. Top with the chopped tomato to serve.

# TARKA DAHL

245  
CALORIES

10  
PROTEIN

22  
CARBS

13  
FATS

3  
FIBRE



SERVES 2 | TOTAL TIME: 10 MINUTES



## INGREDIENTS

190g carrots  
50g raspberries  
50g pine nuts  
1 tbsp olive oil

## INSTRUCTIONS

Wash and peel the carrots and cut diagonally thinly.

Wash and dry the raspberries and set aside.

Heat a non-stick pan over medium heat and add the pine nuts with a pinch of salt, heat stirring often until slightly toasted.

Combine the carrot, raspberries and pine nuts together with the olive oil and serve.

# CARROT, RASPBERRY AND PINE NUT SALAD

255  
CALORIES

5  
PROTEIN

7  
CARBS

23  
FATS

3  
FIBRE



SERVES 4 | TOTAL TIME: 40 MINUTES



## INGREDIENTS

3 courgettes, trimmed  
200g tenderstem broccoli, trimmed  
400g can chickpeas, drained  
2 tbsp olive oil  
40g harissa paste  
40g almond flakes  
6g fresh coriander

## INSTRUCTIONS

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

Cut a chunk off of the end of one courgette at an angle around 2 cm from the end and then slice the courgettes and add to a roasting tray.

Add the broccoli and chickpeas along with the olive oil and harissa, season and mix very well together.

Roast for 35 minutes, tossing after 25 minutes.

Remove from the oven and sprinkle with flaked almonds, fresh coriander and a little more seasoning before serving.

# COURGETTE, BROCCOLI AND CHICKPEA TRAYBAKE

245  
CALORIES

10  
PROTEIN

13  
CARBS

17  
FATS

6  
FIBRE



SERVES 4 | TOTAL TIME: 40 MINUTES

GF DF V VE

## INGREDIENTS

1kg potatoes, in 1.5" cubes  
500g carrots, sliced lengthways  
4 cloves garlic, skin on  
4 tbsp olive oil  
2 tbsp balsamic vinegar  
2 sprigs of rosemary

## INSTRUCTIONS

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

Line a large sheetpan with parchment and add all of the vegetables, tossing through the oil, rosemary and seasoning. Lay the roots out evenly and not touching.

Roast for 20 minutes and remove from the oven, add the balsamic and roast for another 15 minutes.

Before serving, remove garlic from their skins, mash with a fork and mix through the vegetables.

# ROASTED POTATOES AND CARROTS WITH BALSAMIC AND ROSEMARY

332  
CALORIES

6  
PROTEIN

50  
CARBS

12  
FATS

6  
FIBRE



SERVES 4 | TOTAL TIME: 45 MINUTES



## INGREDIENTS

1.2 kg butternut squash  
2 tbsp olive oil  
1/2 tsp cinnamon  
1 tsp ground coriander  
1/2 tsp sweet smoked paprika  
50g pumpkin seeds  
4 shallots, thinly sliced into rings  
1 1/2 tbsp apple cider vinegar  
280g figs  
12g flat parsley  
3 sprigs of mint  
100g soft goats cheese

## INSTRUCTIONS

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

Peel the squash and cut in half lengthways discarding any seeds and interior, halve again and place in a roasting tin with 1 tbsp oil, cinnamon, coriander and paprika, season and coat well. Roast for 45 minutes until fork tender adding the pumpkin seeds into the tray for the last 5 minutes of cooking.

When almost ready to serve, put the shallots into a large mixing bowl and cover with cider vinegar and seasoning. Mix and set aside for 10 minutes to soften. Whisk in the remaining 1 tbsp of oil then add the figs and herbs.

Put the butternut squash on a serving platter, scattering the figs, pumpkin seeds, fresh herbs and shallots as well as crumbling fresh goats cheese.

# FIG AND SQUASH SALAD

358  
CALORIES

13  
PROTEIN

36  
CARBS

18  
FATS

7  
FIBRE



# MAIN COURSES







**SERVES 4 | TOTAL TIME: 20 MINUTES**



## INGREDIENTS

For the bowl:

200g couscous

30g kale

225g cherry tomatoes

90g courgette

1 red pepper

1 yellow pepper

1 clove of garlic

3 sprigs of basil, chopped

3 sprigs of rosemary, picked and chopped

For the dressing:

300g 0% strained greek yoghurt

50g olive oil

Juice of 1 lime

2 tbsp fresh mint, chopped

## INSTRUCTIONS

Wash and cut the courgettes and peppers into equal parts and put them in a large bowl. Season with pepper, salt, rosemary and the crushed garlic.

Meanwhile, pre-heat an oven grill on high and grill the vegetables for 6-8 minutes per side until charred and softened.

Cook the cous cous as indicated on the package and add into a large bowl. Wash the cherry tomatoes and halve, adding them to the cous cous with the grilled vegetables and basil.

Pour the yoghurt into a large bowl, add the olive oil, lime juice and mint. Mix well with a spoon. Pour over the cous cous and serve cooled.

# COUS COUS BOWL AND MINTY YOGHURT DRESSING

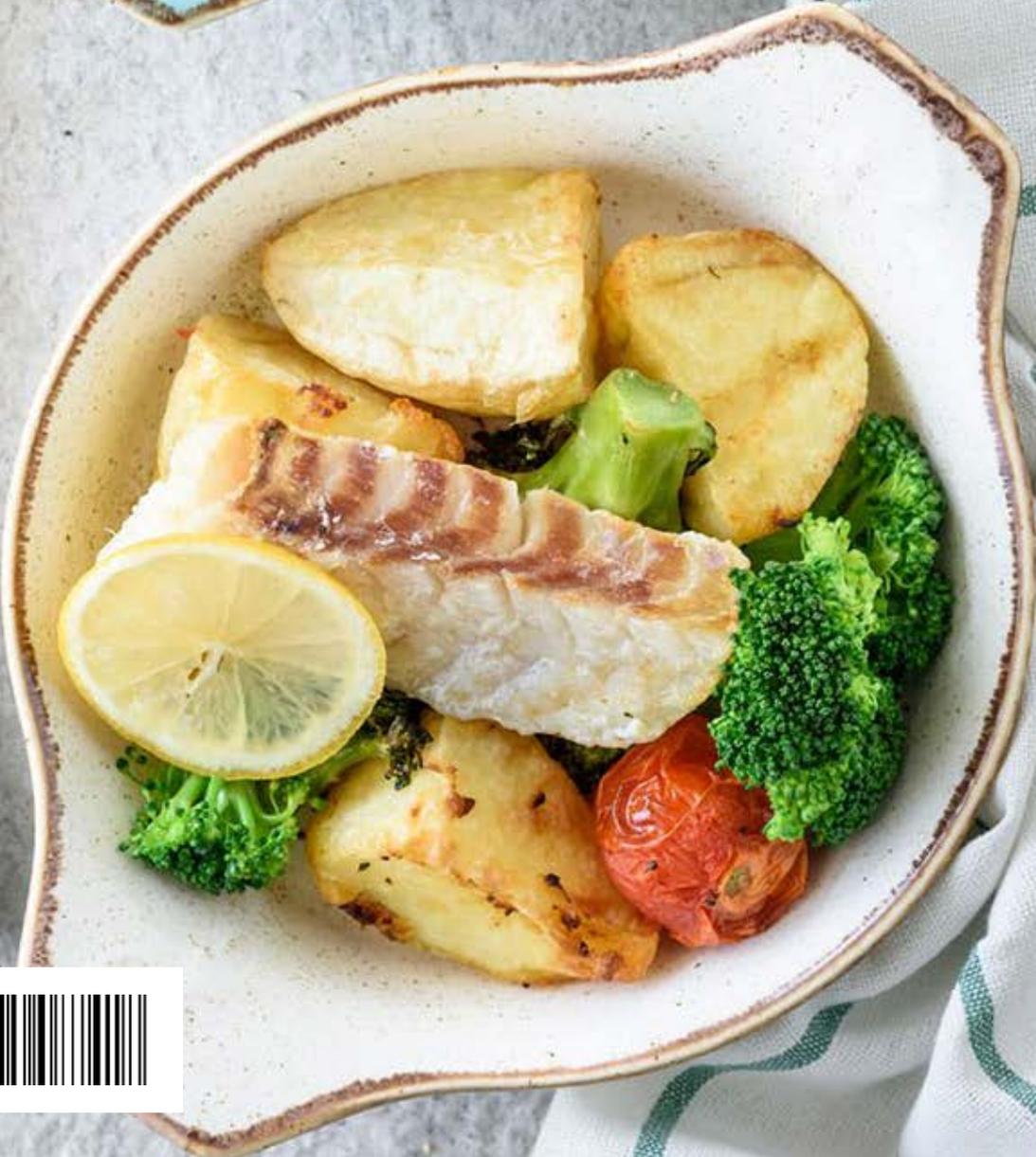
**386**  
CALORIES

**16**  
PROTEIN

**49**  
CARBS

**14**  
FATS

**5**  
FIBRE



SERVES 2 | TOTAL TIME: 60 MINUTES



## INGREDIENTS

500g cod fillets  
250g white potatoes, quartered  
250g cherry tomatoes  
200g broccoli  
1 lemon, 1/2 juice, 1/2 cut into 2cm thick slices  
3 garlic cloves, crushed and sliced  
3 sprigs of rosemary  
2 tbsp olive oil  
1 tbsp balsamic vinegar

## INSTRUCTIONS

Place the potatoes in a large pan of salted water and bring up to the boil. Simmer for 10 minutes, then drain and return the potatoes to the pan. Lightly shake the pan and allow the potatoes to steam.

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

Line a baking sheet with tin foil or baking paper.

Arrange the potatoes across one end of a large baking sheet and scatter over the garlic, rosemary and 1/2 the lemon juice. Drizzle over 1 tbsp olive oil and roast in the oven for 30 minutes.

When done, remove the tray from the oven and turn the ingredients. Place the tomatoes on the tray, closest to the potatoes. Drizzle over the balsamic vinegar and return to the oven for 5 minutes.

Add the cod fillets to the tray next to the tomatoes and season. Arrange the lemon slices around the fish and return to the oven for 10 minutes.

Finally, place the broccoli stems on one end of the tray and squeeze over the remaining lemon juice. Season lightly with 1 tbsp olive oil and a pinch of salt, then roast in the oven for 6 minutes, until beginning to crisp.

Serve either straight from the tray, or divide between plates.

# SHEET PAN ROASTED COD WITH POTATOES, TOMATOES AND BROCCOLI

462  
CALORIES

53  
PROTEIN

31  
CARBS

14  
FATS

6  
FIBRE



SERVES 2 | TOTAL TIME: 30 MINUTES

DF

## INGREDIENTS

15g pecans  
1 orange, 1/2 juiced, 1/2 segments  
1 small clove of garlic, grated  
1.5 tbsp soy sauce  
400g salmon fillets  
100g raw beetroot, trimmed, peeled and sliced thinly  
60g carrot, peeled and grated  
60g red cabbage, sliced thinly  
1/2 small red onion, sliced thinly

## INSTRUCTIONS

Pre heat the oven to grill on high and place salmon onto a grill tray, season and set aside.

Mix the juice of the 1/2 orange with garlic and soy sauce and use 2 tbsp of this to marinate the salmon setting the remaining dressing aside.

Combine the prepared vegetables with the segments of orange, set aside.

Pat the salmon dry and place under the hot grill for 5-6 minutes until cooked through.

Meanwhile, toss the remaining dressing into the vegetables and orange segments combining well with the pecans.

Divide the slaw between two plates and top with cooked salmon.

# SALMON AND ORANGE COLESLAW

536  
CALORIES

45  
PROTEIN

17  
CARBS

32  
FATS

5  
FIBRE



SERVES 2 | TOTAL TIME: 10 MINUTES



## INGREDIENTS

1 can of chickpeas, drained and rinsed  
100g apple, cored and deseeded  
30g pecans  
45g dried cranberries  
120g reduced fat feta cheese  
2 tbsp lemon juice  
1 tbsp olive oil  
1 tsp apple cider vinegar  
1/2 tbsp maple syrup  
1 tsp garlic powder  
1 tsp dijon mustard

## INSTRUCTIONS

Dice the apple and feta and add to a large mixing bowl alongside pecans, chickpeas, cranberries, and 2 tbsp lemon juice.

Mix together the olive oil, apple cider vinegar, maple syrup, dijon and garlic with a whisk, pour over the salad and toss well.

# FETA, APPLE, CRANBERRY AND PECAN CHICKPEA SALAD

442  
CALORIES

21  
PROTEIN

31  
CARBS

26  
FATS

7  
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES

GF

## INGREDIENTS

250g reduced fat plain cottage cheese  
250g back bacon, chopped  
1/2 cos lettuce, sliced  
225g spinach  
1 tbsp apple cider vinegar  
1/4 tsp fresh grated onion  
1 tbsp olive oil  
1/2 tsp mustard  
1/2 tsp sugar

## INSTRUCTIONS

Heat a non-stick frying pan over a medium heat and add chopped bacon and dry fry until crisp and rendered.

Add to a large bowl the spinach and sliced lettuce, mix together and add the bacon.

In a small bowl mix the olive oil, sugar, onion, and mustard together very well. Add the vinegar, season and mix once more. Add the dressing to the bacon and salad leaves tossing together well and transfer the to two bowls.

Add the cottage cheese over the serving bowls.

# BACON AND SPINACH SALAD

441  
CALORIES

38  
PROTEIN

7  
CARBS

29  
FATS

2  
FIBRE



SERVES 4 | TOTAL TIME: 45 MINUTES



## INGREDIENTS

1kg lamb mince  
1 tsp olive oil  
2 tsp sea salt  
2 tsp ground cumin  
3 tsp coriander seeds, crushed  
4 garlic cloves, crushed  
3 tbsp fresh mint, chopped  
1/4 red onion, thinly sliced

## INSTRUCTIONS

Soak eight skewers in water (this stops them from burning) for around 20 minutes.

To a bowl, add the lamb mince, sea salt, cumin, coriander seeds, garlic and mint. Get your hands into the bowl and thoroughly mix together all of the ingredients. Shape the mixture into eight sausages, making sure they are compact.

Take the skewers from the water and insert them into each kofta. Place the skewers in the fridge to allow them to set for a minimum of half an hour (longer is better).

Pre heat an oven grill on high.

Remove the koftas from the fridge, brush each with the dash of olive oil and place under the grill. Cook for 4 minutes on each side until the juices run clear.

Serve garnished with thinly sliced red onion.

# MINTY LAMB KOFTAS

523  
CALORIES

50  
PROTEIN

2  
CARBS

35  
FATS

1  
FIBRE



SERVES 2 | TOTAL TIME: 20 MINUTES

DF

## INGREDIENTS

500g 5% lean minced beef  
1.5 tbsp sesame seed oil  
2 garlic cloves, diced  
5cm piece of ginger, diced  
1 and 1/4 red chillies, deseeded and sliced  
1 tbsp + 1 tsp light brown sugar  
1 tbsp + 1 tsp fish sauce  
Zest of 1 lime, juice of 1/2  
3 spring onions, sliced  
2 gem lettuces, separated into leaves  
1 tbsp soy sauce  
1/2 tbsp olive oil

## INSTRUCTIONS

Heat a large non-stick frying pan to a medium high heat.

Fry the mince for 5-6 minutes with seasoning until browned.

Remove the beef from the pan, set aside. Wipe out the pan and add a tablespoon of toasted sesame oil. Add the garlic, ginger and slices of one chilli. Fry with a pinch of salt and the 1 tbsp brown sugar for 2 minutes. Add the mince and stir to combine. Add 1 tbsp fish sauce and heat through. Stir in the lime zest and juice of half, then add the spring onions, stirring for 30 seconds. Turn off the heat.

To mix the dressing ingredients together, add 1/2 tbsp sesame seed oil to a small bowl and combine with 1 tbsp soy sauce, 1/4 red chilli, 1 tsp fish sauce, 1 tsp brown sugar and 1/2 tbsp olive oil.

Spoon some of the mince mixture into the lettuce leaves, drizzle with dressing and serve.

# CHILLI BEEF LETTUCE CUPS

476  
CALORIES

49  
PROTEIN

25  
CARBS

20  
FATS

3  
FIBRE



SERVES 2 | TOTAL TIME: 25 MINUTES

DF

## INGREDIENTS

180g green beans, trimmed  
1 red pepper, sliced  
1 lime, zest and juice of 1 half, 1/4's of the other  
1" piece of ginger, grated  
1 clove of garlic, grated  
300g 5% beef mince  
2 tsp olive oil  
2 tbsp soy sauce  
2 tbsp ketjap manis  
130g egg noodle nests

## INSTRUCTIONS

Boil the kettle and prepare your vegetables.

Add the mince to a non-stick pan over a medium heat and fry until browned, around 6-8 mins. Break it up as it cooks until browned and no pink remains. When done, transfer to a small bowl, mix in the ketjap manis and half of the soy sauce and set to one side. Keep the pan.

Meanwhile, pour the boiled water into a large saucepan and with salt over high heat. Add the noodle nests, bring back to the boil then cook until tender, 2-4 mins. Once cooked, drain under cold water to stop them from sticking together.

Return the now empty frying pan to medium heat, adding 2 tsp olive oil. Once hot, add the pepper, green beans and a small splash of water to help them cook through until tender. Add ginger and garlic. Cook for 1 minute then stir in the remaining soy sauce and a pinch of sugar.

Add the beef mince back into the pan and stir in the noodles. Toss and continue to cook until everything is piping hot, 2-3 mins. Once hot, remove the pan from the heat and stir in the lime zest, juice from half the lime. Season and divide the noodles between dishes.

# GINGER BEEF NOODLES

516  
CALORIES

45  
PROTEIN

66  
CARBS

8  
FATS

6  
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES



## INGREDIENTS

300g rump steak, lean  
2 oranges, one cut into segments, zest and juice of one  
2 tbsp olive oil  
2 tsp mustard  
2 tsp apple cider vinegar  
1 tsp honey  
80g spinach leaves  
65g salad radishes, sliced

## INSTRUCTIONS

Pre heat a griddle pan on high heat and season the beef heavily with black pepper and sea salt.

When the pan reaches heat, reduce to a medium and add your steaks cooking on each side for 4-6 minutes. Allow to rest on a warm plate.

Meanwhile, combine olive oil, mustard, honey and vinegar with a little seasoning and the juice and zest of one orange.

Slice the second orange, radishes and combine with the spinach and toss together.

Slice the rump steaks and add any resting juices to the dressing. Dress the salad and divide steak strips between two.

# RUMP STEAK AND ORANGE SALAD

**387**  
CALORIES

**36**  
PROTEIN

**18**  
CARBS

**19**  
FATS

**4**  
FIBRE



SERVES 1 | TOTAL TIME: 6 MINUTES

GF

## INGREDIENTS

100g tinned tuna from brine, drained  
125g pre-cooked puy lentils  
30g feta cheese, diced  
40g sun-dried tomatoes, diced  
40g jarred artichokes, halved  
30g rocket salad  
Juice of 1/2 lemon

## INSTRUCTIONS

Reheat your lentils according to pack instructions and allow to cool slightly.

Meanwhile, combine tuna, feta, artichokes, sun-dried tomatoes and rocket in a bowl, add seasoning and mix very well.

Add your warm lentils, stir through the salad and finally dress with lemon juice.

# FETA, TUNA AND LENTIL SALAD

389  
CALORIES

44  
PROTEIN

24  
CARBS

13  
FATS

5  
FIBRE



**SERVES 4 | TOTAL TIME: 40 MINUTES**

# CHICKEN LIVER AND KALE SPAGHETTI

## INGREDIENTS

20g butter  
2 tbsp olive oil, plus 2 tsp  
4 onions, thinly sliced  
450g chicken livers  
1 tbsp plain flour  
200g white mushrooms, sliced  
2 garlic cloves, crushed  
1 tsp smoked paprika  
240g wholewheat spaghetti  
200g curly kale, stalks removed  
1/2 vegetable stock cube, made with 200ml water  
160g low fat plain yogurt

## INSTRUCTIONS

Set a large non stick frying pan over a low-medium heat and melt the butter. Gently sauté the onions with a pinch of salt and a dash of water for 20 mins, stirring often, until golden and soft. Transfer to a large bowl with a slotted spoon leaving any oil in the pan. Set aside.

Meanwhile, pat the livers dry and slice into thin strips. Combine the flour and the livers and toss to coat.

Heat 1 tbsp oil in the pan you used for the onions. Add the livers and cook over a medium-high heat for 2-3 mins until brown and cooked through. Add these to the bowl of onions and season well.

Heat the remaining 1 tbsp oil in the frying pan over a medium-high heat. Cook the mushrooms for 5-6 mins until golden and tender adding salt at the end. Add the garlic and paprika and cook for 1 min more.

Meanwhile, boil your kettle adding water to a large saucepan with seasoning. Cook the pasta to pack instructions and add the kale for the last 5 mins. Drain, reserving 100ml of the pasta water.

Reconstitute and stir the stock into the mushrooms. Bring to the boil, then reduce the heat to low and simmer for 5 mins until thickened. Add the liver and onions and warm through for 1 min. Turn off the heat, then stir through the yogurt.

Add the pasta and kale to the mushroom sauce, along with half the reserved pasta water. Toss together, seasoning well with black pepper and adding a little more pasta water if needed to make a silkier sauce.

Divide between four to serve.

**519**  
CALORIES

**34**  
PROTEIN

**62**  
CARBS

**15**  
FATS

**9**  
FIBRE



SERVES 4 | TOTAL TIME: 25 MINUTES

DF GF

## INGREDIENTS

600g boneless and skinless chicken thighs  
6cm fresh ginger, peeled and grated  
1 red onion, sliced  
1 clove of garlic, sliced  
1 green pepper, stemmed and chunked  
200ml pineapple juice  
60ml rice vinegar  
60ml ketchup  
60g light brown sugar  
1 tsp garlic  
60g cornflour  
1 tbsp olive oil  
1 tbsp sesame oil  
1/2 tsp chilli flakes  
100g pineapple chunks

## INSTRUCTIONS

Place the pineapple juice, rice vinegar, ketchup and sugar in a small saucepan and stir to dissolve the sugar over a low heat. Increase the heat to medium high and bubble for around 6 minutes until you have a syrup. Remove from the heat and set aside.

Meanwhile, in a large bowl combine the garlic powder with the cornflour, cut the chicken into 1 cm chunks adding to the bowl and toss in the mix until well covered.

Heat the olive oil in a large frying pan over medium high heat and add the chicken frying until browned and coated for around 6 to 8 minutes, remove the pan from the heat and set aside.

Meanwhile, heat the sesame oil in a second frying pan and add the onion slices and stir until translucent for around five minutes. Add the green pepper, chilli flakes, salt, garlic and ginger and continue to cook for another 3 to 5 minutes stirring all the time. Add the pineapple to the pan, continuing to stir until hot. Tip the chicken into the pan and heat through.

Finally pour over your sauce and fold it through the whole mix so that everything is well covered and hot for 1 to 2 minutes.

# SWEET AND SOUR CHICKEN

406  
CALORIES

33  
PROTEIN

46  
CARBS

10  
FATS

2  
FIBRE



**SERVES 4 | TOTAL TIME: 4-6 HOURS**

# SLOW COOKER FAJITAS

## INGREDIENTS

450g chicken breast  
2 bell peppers, sliced  
1 medium red onion, sliced  
2 large cloves of garlic, crushed  
40g honey  
1 tbsp olive oil  
Juice of 1 lime  
1 tsp chilli powder  
1 tbsp cumin  
1 tbsp smoked paprika  
200g chopped tomatoes  
4 soft white tortilla  
80g cheddar, grated

## INSTRUCTIONS

Place half of the sliced peppers and onion in the slow cooker.

Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

Finally, add the remaining peppers and onions and cook for 4 hours on high or 6 on low.

When ready to serve, remove the chicken and shred it with a fork, then return it to the the dish and combine well and cook for another 10 mins on low

Divide the mixture into four wraps, top with 20g cheese in each wrap and roll to serve.

**443**  
CALORIES

**38**  
PROTEIN

**39**  
CARBS

**15**  
FATS

**3**  
FIBRE



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

# MEATBALLS WITH PESTO SPAGHETTI

## INGREDIENTS

500g 5% beef mince  
2 cloves of garlic, crushed  
2 shallots, finely diced  
260g spaghetti  
100g red pesto  
80g parmesan, shaved  
Handful of basil leaves

## INSTRUCTIONS

Pre heat oven to 200C/425F/Gas Mark 6.

In a large bowl combine the garlic cloves with the shallots and the beef mince squeezing the mixture together with your hands. Roll these into 24 individual 1 inch sized meatballs and place on a parchment lined tray. Roast in the oven for 15 minutes.

Meanwhile, bring a large saucepan of heavily salted water to a boil and add the pasta and cook for 10 to 12 minutes.

Drain the pasta but reserve half a cup of the liquid.

Return the pasta to the saucepan stirring in the pesto with a small amount of the reserved pasta liquid. Season with salt and pepper and add the meatballs and any resting juices into the pasta, along with fresh basil leaves, toss together and top with equal portions of freshly shaved parmesan.

**556**  
CALORIES

**42**  
PROTEIN

**52**  
CARBS

**20**  
FATS

**3**  
FIBRE



**SERVES 4 | TOTAL TIME: 55 MINUTES**

# COTTAGE PIE

## INGREDIENTS

500g 5% beef mince  
240g onion, chopped  
255g carrots, chopped  
2 beef stock cubes made with 500ml water  
1 tbsp Worcestershire sauce  
600g potatoes, peeled and cut into chunks  
120g cheddar cheese, grated

## INSTRUCTIONS

Heat a large pan over medium high and add the mince. Fry for 6 minutes, until fully browned. Add the onion and carrots and cook for a few more minutes.

Add the stock to the pan, then add the Worcestershire sauce and black pepper. Bring to a boil, reduce the heat, cover and simmer for 20 minutes, removing the lid for the final 5 minutes, reducing until it thickened.

Meanwhile, boil the kettle and add the water to a large sauce pan with a big pinch of salt. Add the potatoes and boil for around 15 minutes. When fork tender, drain the water and mash with a little salt and pepper.

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

Pour the mince mixture into a large shallow ovenproof dish and allow to cool slightly. Spoon the mashed potato onto the mince evenly and "tramline" the potato with a fork to allow some char. Top with the cheddar.

Roast in the oven for 25-30 minutes or until the potato is lightly charred and the cheese golden brown.

**460**  
CALORIES

**39**  
PROTEIN

**40**  
CARBS

**16**  
FATS

**3**  
FIBRE

# DESSERTS







SERVES 8 | TOTAL TIME: 45 MINUTES



## INGREDIENTS

6 eggs  
90g chocolate whey protein  
175g plain chocolate  
35g powdered sweetener  
2 tbsp cocoa powder  
250g quark cheese  
1 drop vanilla essence

## INSTRUCTIONS

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

Place chocolate into a heatproof bowl using 15s second blasts in the microwave until melted. Set aside to cool to room temperature.

Separate the eggs into two bowls and whisk the egg whites with an electric mixer on high until it forms stiff peaks. In the second bowl, add the sweetener to the egg yolks and using the electric mixer on high whisk until pale and thickened.

Add 60g whey protein and the melted chocolate to the egg yolk mixture and fold together. Fold in the whites to the yolk mixture in 2-3 tbsp increments to avoid knocking out the air. Sift the cocoa powder on the top of the mixture and fold in.

Grease and line the base and sides of the swiss roll tin with non stick baking paper. Pour the mixture into the tin and distribute evenly. Bake for 20 - 25 minutes or until risen, remove and leave to cool in the tin.

While the cake is cooling, combine quark cheese with 30g whey protein, 1 tsp sweetener and a drop of vanilla essence.

Remove from the tray and spread the filling over the sponge, leaving a 2cm edge on all sides. Using a sharp knife, make a shallow cut along one of the short sides.

Roll this cut edge over tightly to start. Use the paper to continue tight rolling by pulling it away from you as you roll. Finish with the join underneath.

Cut into 10 slices.

# CHOCOLATE PROTEIN ROULADE

243  
CALORIES

20  
PROTEIN

16  
CARBS

11  
FATS

1  
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES



## INGREDIENTS

250g banana flesh  
30g whey protein  
2 large whole eggs  
35g ground almonds  
Light spray oil  
2 tbsp maple syrup

## INSTRUCTIONS

Using an immersion blender or a small food processor, blend together 200g banana flesh, whey, eggs and ground almonds until you get a smooth fluffy batter.

Add the light spray to a non-stick pan and heat on high.

Add 1/6th of the pancake batter to the pan and immediately turn down to a medium low heat. Flip the pancake as soon as bubbles begin to form on the surface. Repeat until you have six pancakes to your liking.

Serve three pancakes onto two plates, finish with the final 50g of banana flesh and 1 tbsp maple syrup.

# BANANA ALMOND PROTEIN PANCAKES

437  
CALORIES

26  
PROTEIN

45  
CARBS

17  
FATS

3  
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES

V

## INGREDIENTS

2 medium eggs  
25g vanilla whey protein  
2 medium slices of wholegrain bread  
100ml almond milk  
5g butter  
1 tsp powdered sweetener

## INSTRUCTIONS

Slice your bread into 1" strips. Crack the eggs into a bowl and add almond milk and whey protein whisking through thoroughly

Heat a non-stick pan over medium heat with the butter.

Coat your bread slices with the mixture and add them carefully to the pan along with any remaining mixture, fry for around 2 minutes on each side.

Finish with 1 tsp powdered sweetener to serve.

# PROTEIN FRENCH TOAST

475  
CALORIES

42  
PROTEIN

34  
CARBS

19  
FATS

4  
FIBRE



SERVES 8 | TOTAL TIME: 60 MINUTES



## INGREDIENTS

225g carrots, peeled and diced  
3 large eggs  
140g dates pitted  
50g peanut butter  
1.5 tsp baking powder  
2 tsp cinnamon  
1 orange, juice and zest  
1 apple, diced  
50g sunflower seeds  
30g rolled oats  
25g cranberries

## INSTRUCTIONS

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

In a food processor add all of the ingredients except the cranberries and apple, combine well.

Stir in the cranberries and apples.

Grease your baking tin with light spray oil and then fill it with the batter. Press firmly and smooth the surface with a wet rubber spatula until even.

Bake it for 45-50 minutes until it's golden brown and spongy.

Allow to fully cool.

# SPICED APPLE AND CARROT CAKE

197  
CALORIES

7  
PROTEIN

22  
CARBS

9  
FATS

3  
FIBRE



**SERVES 4 | TOTAL TIME: 40 MINUTES**



## INGREDIENTS

For the pears:

4 ripe pears, cored and halved

28g pecans, chopped

80g frozen cranberries

40g rolled oats

30g unsalted butter, melted

40g honey

¼ tsp ground cinnamon

For the yoghurt:

500g 0% strained greek yoghurt

50g honey

1/2 tsp ground ginger

1/2 tsp ground nutmeg

1/2 tsp ground cinnamon

## INSTRUCTIONS

Pre heat oven to 200C/425F/Gas Mark 6.

Cut the pears in half lengthwise and remove the core and place cut side up into a foil-lined baking dish. Mix pecans, cranberries, oats, butter, honey, cinnamon and a pinch of salt in a bowl.

Spoon mixture on top of the pears.

Bake for 30 minutes until the pears are tender.

Meanwhile, combine yogurt, honey, ginger, nutmeg and cinnamon. Refrigerate until the pears are ready.

Remove pears from the oven and leave to cool for a few minutes. Place 2 halves onto a plate and serve with the yogurt.

# BAKED PEARS WITH SPICED YOGHURT

**300**  
CALORIES

**15**  
PROTEIN

**33**  
CARBS

**12**  
FATS

**2**  
FIBRE

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