


LIFE CHANGING FITNESS



The

MACRO RECIPE

COOK BOOK

A HEALTHY OUTSIDE STARTS FROM THE INSIDE

INTRODUCTION

ABOUT THE BOOK

Welcome to the Macro Recipe Book by Life Changing Fitness - written, created and produced by Daniel Wheeler, CEO of Life Changing Fitness.

The Macro Recipe Book is designed to give those who know enough about macro nutrients, and the tracking of such macros, the ability to enjoy fantastically nutritional and enjoyable foods, snacks and treats that all fit within their macro daily profile.

There are recipes that are for individual portions and also for family portions. There are breakfasts, lunches, dinners, snacks and dessert ideas for every occasion. However, what separates this book is the detail in the macro profiles we state.

We specify the Fats, Carbs and Proteins in every meal. We also give the caloric value for the meals and relevant portions. Not only that, but we also give you an index of allergy information for everyone's dietary needs. To top it off, the book also indicates the Weight Watchers Pro Points value for each portion and meal. This book could not be more in-depth if it tried. If you follow my work, or social profiles, you will know that I am not a fan of Weight Watchers or the principle of such a fad diet. So why have I included their points into my book? The simple answer is this - if I can get the Weight Watchers audience to eat these proper nutritional meals, instead of the fad crap they are currently sold, then I hope to be able to convert them to a lifestyle nutritional change and remove the fad dieting mindset. Think of it as a golden carrot if you will!

Every recipe includes a detailed description about the food, its history and purpose/desirability of the meal. Each page also specifies the ingredients and metric weights needed for the recipe as well as clear, simple and concise step by step instructions on how to cook it. We also include the prep and cooking time so you know exactly how long each meal should take to make and enjoy.

Each recipe is accompanied with an amazingly beautiful image of the final meal that will leave your mouth watering at the very sight of it!

The Macro Recipe Book is not sold as a "healthy recipe book". It is not a "get fit book"... and it is certainly not a recipe book that is full of restrictions. There are a mix of low carb recipes, high protein recipes, high dietary fat recipes, healthy treats, low calorie meals and good hearty meals. It is specifically designed this way so that YOU, the user, has the flexibility to choose whatever meal you desire. By knowing this, within a macro based nutritional plan, you can quantify and eat all the meals guilt free. Why should we feel guilty over eating good nutritious foods...?

All the recipes are made from single food ingredients, zero processed rubbish and are therefore full of nutrition. Even the meals you think aren't "healthy", due to the media

perception we live in, are indeed very good for you in combination with a well balanced nutritional active lifestyle.

I hope you enjoy each and every meal as much as i did creating them for you.

LOG IT, COOK IT, FUEL IT

breakfasts

LOG IT, COOK IT, FUEL IT



Avocado & banana power smoothie

***B*REAKFASTS**

You might not think of avocado and banana as a natural or astonishing combination but just you wait 'til you try this. I don't call it a 'power' smoothie for nothing! The honey brings out the natural sweetness in the banana, whilst the avocado provides a seriously satisfying and creamy backtaste that will get your day off to a... powerful start. And the spinach adds a little something extra (plus some additional polyphenols and vitamins). In a nutshell (or should that be avocado skin?) this smoothie is thick, delicious and quite importantly, very good for you. After all, it's full to the brim with healthy fats, good carbs and nourishing protein. Stick this in your shaker and you are now ready to overpower life. Get some!

shopping

- 50g frozen banana
- 100g avocado
- 50g spinach
- 200ml semi skimmed milk
- 10g honey

ideal for when

Quick Breakfast 5 mins **Small snack**

directions

1. Peel the banana and add to blender.

40G / 160KCAL

2. Cut an avocado in half and remove the stone. Spoon into the

blender. 18G / 162KCALs

3. Add the milk, spinach and honey to the blender. 18G / 72KCALs

4. Blend all the ingredients until a smooth liquid has formed.
Add some water if you prefer a lighter consistency.

394



NO NO NO NO NO

NO NO dairy eggs gluten soya MSG nuts trans

fats  weight watchers

pro points



11



Broccoli and Tomato Omlette

***B*REAKFASTS**

Easy to make, delicious and full of veggie goodness - your mother would be proud of you. As far as we know, broccoli goes all the way back to 600BC, where it was prized by the Romans for the fact that it is goddamn awesome on multiple levels. Seems only logical then to fry it in egg and combine it with delicious tomatoes, right? Yes, this is one of those recipes that looks 'healthy' (*groan*) but don't let that distract you from the fact that it tastes well... just delicious - absolutely. This I can verify through uh...extensive and meticulous taste testing. And you can trust me, 'cos I know about these things.

shopping

- 3 large whole eggs
- 1 large tomato
- 150g broccoli
- 10g coconut oil

- 1 x microwave steam bag

ideal for when

Quick Breakfast ^{10 mins} **After morning workout**

Afternoon snack directions

1. Chop the broccoli and place into microwave steam bag and 14G / 56KCALs heat on full power for 4 minutes.
2. Take a frying pan and heat on full power. Add the coconut oil 34G / 306KCALs and allow to heat until slightly smoking.
3. Chop and add the tomatoes to the pan. 29G / 116KCALs
4. Add the cooked broccoli to the pan also.
5. After a few minutes, whisk the eggs into a bowl and place into the frying pan.
6. Cook until the sides start to lift and then flip with a spatula.

Cook the other side until golden brown. Serve and enjoy. 478



NO NO NO NO NO

NO NO dairy eggs gluten soya MSG nuts trans



fats weight watchers

pro points



13

Eggs benedict

BREAKFAST S

The Eggs Benedict isn't called a modern, culinary classic for nothing. There are a few good reasons. It tastes fantastic, looks fantastic and who can resist the way that the eggs just melt over the bacon muffin? I know I can't. Oh man, I'm getting hungry just talking about it. There's a couple of different people who claim to have invented the recipe - one being Lemuel Benedict. Lemuel was a retired Wall Street guy, supposedly looking for some kind of crazy hangover cure. If the legend is true, he lucked out by ordering what appeared to be a completely haphazard combination of things to put on buttered toast. The Maître d promptly made a note of the recipe and here we are today. Regardless of who came up with the idea, I'm sure you'll be happy to know that this delicious and simple meal can also help you gain and maintain a mighty physique too! Isn't life just wonderful?

shopping

- 1 muffin
- 2 slices of low fat bacon

- 2 whole eggs
- 20g butter
- Lemon zest (pinch)
- 20ml boiling water
- 10ml lemon juice

directions

- 1/2 teaspoon majoram

ideal for when

Quick Breaky 10 mins Evening Snack

1. Poach the two whole eggs in boiling water
2. Half the muffin and toast in a toaster
3. Fry the bacon in a frying pan with a dash of olive oil

28G / 112KCAL

35G / 315KCAL 4. Start the Hollandaise sauce as soon as you begin poaching the eggs. Setup a double boiler by finding a heatproof bowl that sits on the rim of a pot, then add 1/2" of water **31G / 124KCAL** to the pot before covering it with the bowl. The bottom of the bowl should not touch the water.

5. Add the egg yolk and butter into the bowl and turn on the heat to medium. Whisk together until there are no lumps and the mixture is smooth.

6. Add the lemon zest, marjoram and salt - then slowly add the boiling water while whisking constantly. Continue to mix until thick and creamy.

7. Remove the bowl and stir in the lemon juice .

Add salt for seasoning if needed. 551g. Place the toast on a plate. Put the bacon on top of the muffin and eggs on top of the

bacon. Pour over the sauce and enjoy.



NO NO NO NO

NO dairy eggs gluten soya MSG
weight watchers nuts trans fats pro points



15

Omelette with Ham and Cheese

***B*REAKFASTS**

There is something incomparably and indescribably perfect about the way the ham, cheese and tomatoes in an omelette sit neatly on a fold of fried egg. Prepared properly, a ham and cheese omelette is almost enough to bring a tear of pure, unadulterated happiness to the eye (this is because it tastes delicious. Did I mention that it tastes delicious? Because it does... yes it does.). Try it - and see how happy it makes you feel. Or how happy you'll feel when struck with the realisation that this omelette is also doing wonderful things for your gains. Serious gains. Satisfaction. Satisfaction on multiple levels.

shopping

- 3 whole eggs
- 100g sliced lean ham
- 75g chopped cherry tomatoes
- 30g grated mozzarella
- 10ml olive oil

ideal for when

Quick Breaky 10 mins Morning Snack Evening

Meal

directions

1. Whisk the eggs in a bowl while the frying pan heats up the 5G / 20KCALs olive oil
2. Place the tomatoes into the frying pan and cook for 3-4 42G / 378KCALs minutes. Remove tomatoes and place on a plate. Take the empty frying pan, place back onto heat and add the eggs. 52G / 208KCALs
3. Cook until the sides start to lift and then flip with a spatula. Cook the other side until golden brown.
4. Place the ham, cheese and tomatoes into the middle of the omelette and fold. Continue to cook for a minute or two to **allow the cheese to melt. 60G / 208KCALs. Serve and enjoy.**



NO NO NO NO

NO dairy eggs gluten soya MSG



NO NO

weight watchers nuts trans fats pro points



16



Protein blueberry porridge

***B*REAKFAST S**

The hardy Scots have known of the healthy and ‘fortifying’ effects of the humble oat for many centuries now. Traditionally, porridge was served only with salt and water, and was cooked in a heavy saucepan for ages, stirred with a wooden spoon until the consistency of plaster. This is OK for some. However, you can do soooooo much more with porridge than this. Here’s an idea: throw in some blueberries, white chocolate protein powder and semi skimmed milk and you are ready to experience something ENTIRELY beyond that old Highland staple. Entirely beyond. Seriously. Have you tried a white chocolate porridge topped with blueberries? It’s actually ridiculous. Ridiculous in a good way. And you can still call it porridge – despite the fact that it’s basically the food of the Gods at this point. A versatile dish indeed.

shopping

- 50g porridge oats
- 50g blueberries

- 40g white chocolate protein powder
- 150ml semi skimmed milk

ideal for when
Breakfast 5 mins Morning Snack Post workout
directions

1. Take half the blueberries and finely chop.

47G / 188KCAL

2. Take the oats and add to a large bowl. Mix in the milk and chopped blueberries and stir. 6G / 54KCAL

3. Place bowl into microwave and heat for 2 minutes on full power. 36G / 144KCAL

power.

4. Once cooked, remove from microwave and stir in the protein powder until a smooth paste forms.

5. Add the remaining blueberries on top and serve.

386



NO NO NO NO
NO NO NO dairy eggs gluten soya MSG nuts trans

fats  weight watchers
pro points



10

baked tomatoes stuffed with eggs

***B*REAKFASTS**

There's an unwritten rule in the world of cooking: stuffing one kind of delicious food with another kind of delicious food is essentially... culinary genius! Have you ever tried a baked tomato stuffed with both egg and cheese? You'll see what I mean. And with a mere 3 ingredients, it's not even difficult – all you need is an oven. Part of the secret to this recipe's appeal is in the texture, there is nothing quite like biting through a layer of slightly spongy baked tomato into a soft, gooey egg and cheese centre. And you know it's even better doing ALL this whilst fully aware that it's helping you get lean, healthy and strong. I can think of few better ways to feel happy about your training.

shopping

- 2 Large beef tomatoes
- 2 whole eggs
- 20g mozzarella cheese

directions

1. Preheat the oven to 200 degrees Celsius

ideal for when

Quick breaky 20 mins Small snack

Meal side dish

6G / 24KCAL

2. Chop the tops off the tomatoes and scoop out the insides.
3. At the bottom of each tomato place 10g mozzarella. ^{20G / 180KCAL}
4. Add a whole egg to each tomato cup and place on a baking ^{25G / 100KCAL} tray. Place the tops of the tomatoes next to the tomato cups on the baking tray also.
5. Cook for 20 minutes and serve.



NO NO NO NO NO NO NO weight watchers dairy eggs gluten soya MSG nuts trans fats pro points

Breakfast Bagel

***B*REAKFAST S**

The Bagel (AKA 'The Roll With A Hole') supposedly goes all the way back to Ancient Egypt, though the 'modern' version we know and love is more inspired by what Polish Jews in the 17th century were into. Oddly enough, the recipe for the modern bagel was actually a closely guarded trade secret right up until some point in the 1900s. And no, it isn't quite so popular around here as it is 'across the pond' but I am hoping that this changes soon. After all, the toasted bagel is truly the perfect vehicle to deliver delicious bacon, eggs and mozzarella cheese. After you have given this recipe a try, I think you will agree with me. Envision yourself biting through a slightly waxy, slightly crispy bagel layer into a triple whammy of bacon, eggs AND cheese. Are you imagining it? Oi vey!

shopping

- 1 large bagel
- 2 rashers of lean bacon
- 2 whole eggs
- 20g mozzarella cheese

ideal for when

Quick breaky 10 mins **Small snack**

directions

1. Slice the bagel in half and toast it.

45G / 180KCAL

2. Heat a frying pan and place the bacon in the middle. Cook until nice and crisp. 22G / 198KCAL

3. Scramble the eggs in a bowl and place in microwave. Heat 40G / 160KCAL

for 1-2 minutes until cooked. Sprinkle the cheese on top and fold into the scrambled eggs. This will bond the eggs together.

4. Place the cooked bacon in the bagel, with the eggs on top. Place the top half of the bagel on top of the eggs.

5. Serve and enjoy. 538



NO NO NO NO NO



dairy eggs gluten soya MSG NO NO weight
watchers nuts trans fats pro points



14

14

Eggs baked in avocado

BREAKFASTS

I'm sure that we can all agree that eggs and avocados prepare your mouth for an experience (a good experience delicious. Put them together and they're even more delicious, obviously). If it had a tin it would do exactly what delicious. Put an egg INSIDE an avocado and you it says on the tin, but it doesn't - because it doesn't have achieved perfection, my friend. Yup. This is a recipe in a tin. Three cheers for avocados, the fact we live so supremely simple that anyone can do it. All you can cook other things inside them, and the joy this has made is two eggs, an avocado and your oven. Crack brought to the world!
the eggs into the pitted avocado, turn the oven on and

shopping

- 1 large avocado
- 2 whole eggs

directions

1. Pre-heat the oven to 200 degrees Celsius. 2. Slice the avocado in half and remove the stone.

ideal for when

Quick breakfast 15 mins **Quick Snack**

Side dish meal

13G / 52KCAL

3. Crack an egg into each hole in the avocado. Add seasoning 35G / 315KCAL

if required. 25G / 100KCAL⁴. Bake for 15 minutes. Serve and enjoy.



NO NO NO NO NO NO NO NO weight watchers

Smoked Salmon Scrambled Eggs

***B*REAKFASTS**

For time immemorial, people have just known that salmon and egg are one of THE most perfect and excellent breakfast combinations. Why? They taste amazing, are easy to prepare, and when you fry them... well, there's that wonderful smell they leave in your kitchen. To paraphrase Kilgore – that is the smell of a victorious morning (or afternoon, if it's brunch time). And all of this is great because they're also high in protein and healthy fats, which means they're good for your insides and your outsides. Or as an old advertising jingle once proclaimed (before the phrase got old): It's 'delicious and nutritious!'. Want proof? Get this recipe in you a few times, train hard and see how you feel after a few weeks.

shopping

- 2 whole eggs
- 60g smoked salmon
- 2 slices wholemeal bread

ideal for when

Breakfast 10 mins **Evening snack**

directions

1. Place the bread into the toaster and cook to your liking.
30G / 120KCAL
2. Take a bowl and scramble 2 eggs together. Cook in a microwave for 2 minutes until cooked to your liking.
25G / 225KCAL
3. Place the scrambled eggs on the toast. Slice the smoked salmon and lay on top of the eggs. Serve and enjoy.
40G / 160KCAL



NO NO NO NO NO NO NO NO weight watchers

Steak breakfast wrap

***B*REAKFASTS**

This is not your 'regular' wrap. Oh no. This is a steak breakfast wrap, and it demands the respect that any delicious-yet-simultaneously-physique-improving food commands. Steak for breakfast you say? Why not?! And it's not any kind of breakfast. This is 150g of delicious rump steak with mushrooms. Minimalistic... yet hedonistic - not a combination you see every day, right? Or you could think of it as a steakhouse dinner, but in a convenient, mobile and pre wrapped format. A mobile steakhouse. Yes, it does seem almost ridiculous that you can eat this kind of stuff on a regular basis AND get into/stay in amazing shape. But you can. You definitely can. And you should. It's recipes like this that make me feel that mobile steak should be higher on people's agendas.

shopping

- 1 white wrap
- 150g rump steak
- 1 tomato
- 2 mushrooms

ideal for when

Breakfast on the go ^{15 mins} Light Lunch Post workout

directions

1. Take the steak and cook each side on a George Forman/Grill 30G / 120KCALs for 3-4 minutes.
2. While the steak is cooking, fry the mushrooms and tomato in 13G / 117KCALs a frying pan.

3. Once the steak is cooked, leave to rest for 2 minutes **45G / 180KCAL** and slice into small pieces. Mix with the mushrooms and tomatoes and place into the wrap. Fold, serve and enjoy.



NO NO NO

NO NO NO NO weight watchers



lunches & dinners

LOG IT, COOK IT, FUEL IT



Bacon and Egg Sandwich

LUNCHES/DINNERS

Like some effervescent celebrity of the food world, the bacon and egg sandwich really doesn't need any introduction but I'm going to give it one anyway - purely out of respect for what it is. It's got bacon. It's got eggs. And it's got them in three layers of toasted bread. The olive oil spray provides just the perfect amount of creaminess for the bread... without adding on calories. It is a magnificent thing and, like everything else here, can help you build and maintain a heroic physique. No, this is not just your average sandwich. This is a bacon and egg sandwich for heroes. A heroic bacon and egg sandwich. And it tastes heroic too. Alright, I'll stop now.

shopping

- 3 slices of white bread
- 4 rashers of lean bacon
- 2 whole eggs
- 15 sprays of 1kcal olive oil spray (5 sprays on each slice of bread)
- Handful of rocket

directions ideal for when Big lunch 15 mins Quick dinner

1. Fry the bacon in a non-stick frying pan until golden and **55G / 220KCAL** crispy.
2. Toast the white bread in a toaster **30G / 270KCAL**
3. Take the 1kcal spray and lightly spray each side 3-5 times in **45G / 180KCAL** the place of butter.
4. Once the bacon is cooked, fry 2 eggs.
5. Place the bacon and eggs into the toast as per the image to the right. Add rocket if desired. Serve and enjoy.

670



NO NO NO NO

NO dairy eggs gluten soya MSG
watchers nuts trans fats^{pro points}



NO NO weight



18

18

BBQ chicken kebab skewers

LUNCHES/DINNERS

Behold: 'the chicken kebab for people who want to look, feel and be awesome'. At one point I was thinking of calling it that but figured people might get the wrong idea, so I didn't. Late night kebab shops and well... kebabs on the whole might not be helping your training goals. After all, when was the last time you looked at a kebab without the inner monologue in your head making things a bit...awkward? It's OK, this happens to us all. Now, the recipe you see before you is here to try and make up for all that. When it comes to the organization of this delicious (and guilt free) kebab, you might want to alternate between chicken and the different kinds of vegetables involved. Or you might want to go for culinary anarchy and put them on whatever the hell order you want to. Your call, chef.

shopping

- 3 BBQ skewers (wood or metal)
- 200g chicken (diced into cubes)
- 100g green peppers
- 100g red peppers
- 100g button mushrooms
- 100g red onion

ideal for when
Good dinner 20 mins **Light dinner**
Summer BBQ Dish
directions

1. Dice the chicken into cubes.

25G / 100KCAL

2. Cut the peppers and onion into similar shaped slices as the chicken cubes. 3G / 27KCAL

3. Skew the chicken, peppers and onions onto the BBQ 55G / 220KCAL

skewers into any order you please. Alternating one after the other is probably best but not essential.

4. Fill the skewers as much as possible but leave a 2inch gap at the bottom to allow you to rotate.

5. Cook on a BBQ or under the grill for 4-5 minutes on each

side. Rotate the skewers until all 4 sides are cooked. Serve 347 and enjoy.



NO NO NO NO

NO NO NO dairy eggs gluten soya MSG nuts trans

fats  weight watchers
pro points



9



Beef steak sandwich

LUNCHES/DINNERS

The beef steak sandwich is yet another example of the KISS Principle ('Keep It Simple, Stupid) in action. Almost as minimal as it comes – you combine 4 ingredients in the right way and you have something that is so much more than these individual ingredients on their own. And I can think of few better ways to 'upgrade' a Panini (which, let's admit - tastes pretty good as it is) than by filling it with 150g of rump steak and fresh, juicy vegetables. Coincidentally your body will enjoy this combination just as much your tongue will. Everybody's a winner! You, your various body parts, and me - 'cos I win when you win. Easy to prepare, easier still to enjoy. Happy days indeed.

shopping

- 1 white panini
- 150g rump steak
- 1 beef tomato
- 50g red onion

ideal for when

Lunch 10 mins **Post Workout Light Dinner**

directions

1. Take the steak and cook each side on a George Forman/Grill **50G / 200KCAL**s for 3-4 minutes.
2. While the steak is cooking, cut the onion and tomato into **10G / 90KCAL**s whole slices.
3. Cut the panini in half and toast it in the toaster. **45G / 180KCAL**s
4. Once toasted, place the sliced tomato and onion onto the bottom panini slice
5. Once the steak is cooked, cut into small slices and place into the panini onto of the tomato and onion. Place the other half

of the panini on top. Serve and enjoy. 470



NO NO NO NO NO NO NO NO dairy eggs gluten soya MSG nuts

trans fats  weight watchers
pro points



12



Chicken soup

LUNCHES/**DINN E R S**

So yeah, I don't claim to have the recipe for 'chicken soup for the soul' but I can sure lay claim to the one for 'chicken soup for the body' - and you're looking at it, buddy! Folk wisdom has had this simple dish pegged for hundreds of years as a 'curative' food - the antidote for everything from nasty fevers to the all pervasive and all persistent common cold. This is supposedly down to its anti inflammatory properties (and perhaps a nice big hit of 'the placebo effect'). Anyhow, say what you will about chicken soup - but this particular recipe will have you feeling super (or should I say 'souped up'?). And with this much protein it'll help you make aaaaaall kinds of gains too. Hell yeah.

shopping

SERVES 6 PORTIONS

- 55g butter
- 150g onions
- 2 sticks celery
- 150g Carrots
- 25g plain flour

- 1.2 litres chicken stock
- 450g cooked chicken

- 1 tbsp freshly chopped parsley
- Salt and black pepper

ideal for when

Lunch 45 mins Evening Snack Got a cold/ill

directions

1. Heat the butter in a saucepan over a medium heat and fry ^{90G / 360KCAL} the finely chopped onions, celery and carrots until they start to soften/brown. ^{60G / 540KCAL}

2. Mix in the flour and cook for 2 minutes. Add the chicken stock and bring the mixture to the boil, stirring constantly. ^{115G / 460KCAL} Add seasoning if required, then reduce the heat until the mixture is simmering. Now simmer for 10-15 minutes, until the vegetables are tender.

3. Add the diced, cooked skinless chicken and cook until 1360

heated through - about 30 minutes. Stir in the parsley. ^{TOTAL} 4. Serve and enjoy

226

per serving



NO NO NO NO NO



dairy eggs gluten soya MSG
watchers nuts trans fats pro points (per serving)

NO NO weight



Chinese prawn chow mein

LUNCHES/DINNERS

Can you eat Chow Mein and get ripped? Absolutely you can! Here's proof. This recipe benefits from delicious King Prawns, which taste just exceptional once piled on top of a generous bed of egg noodles and combined with thai fish sauce. It's almost the perfect post workout meal. Unlike many Chinese dishes, 'Chow Mein' literally translates to what it is - 'fried noodles' - and is one of the most popularly adapted traditional Chinese recipes in the world. Indian Chinese serve it as 'Hakka' - with gravy, Peruvian Chinese call it 'Tallarín Salteado' and serve it with an array of red and green vegetables. This version is inspired by a more British take on the dish. It is a strong variation made for strong people such as yourself.

shopping

SERVES 2 PORTIONS

-

150g large king prawns (peeled and cleaned)

- 200g egg noodles

-

100g chopped peppers (red and yellow)

- 1 clove chopped garlic

directions

- 1 tbsp oyster sauce

- 1 tbsp soy sauce

- 1 tbsp of Thai fish sauce

- 10ml olive oil

ideal for when

Dinner 10 mins **Post Workout Large Lunch**

1. Using a wok, add the oil and gently fry the peppers, add the **70G / 280KCAL**s soy sauce and prawns. Fry for a couple of minutes and then add in the garlic. **15G / 135KCAL**s

2. Cook the egg noodles in a microwave for 3 minutes (in the bag). Add the noodles to the pan and stir-fry for a few 40G / 160KCALs minutes. Now add the oyster sauce and fish sauce. Heat for a further 2 minutes. Serve and enjoy.

575

TOTAL

287



NO NO NO NO NO NO NO NO weight watchers dairy eggs gluten soya MSG nuts trans fats pro points (per serving)

Garlic and Lemon Chicken

LUNCHES/DINNERS

I'm not entirely sure what the hell is going on with the combination of lemon, thyme and garlic when added to chicken. There's the sharpness of the lemon, the flat, heaviness of the garlic and the slightly smoky, dryness that the thyme brings to the equation (you could think of a recipe as an equation). Throw this all together with some succulent chicken and you have something so very delicious and different that I'm having trouble describing it. The French describe this magical indefinable quality as "je ne sais quoi", some English speakers call it "indescribable" - I'm not going to try and define it, I'm just gonna ask you to give it a go and see for yourself. If you are new to the world of garlic and lemon chicken, prepare to have your eyes opened. And if you have visited before, welcome back – what took you so long...?

shopping

- 200g skinless • chicken fillets
- 40ml olive oil
- Pinch of dried thyme
- Half teaspoon dried oregano
- 1 teaspoon salt

- 1 teaspoon lemon zest
- 3 crushed gloves garlic

ideal for when

Light Lunch 10 mins **Dinner side dish** **Post workout snack**

directions

1. Prick the chicken fillets with a fork all over - both sides.
2. Mix all ingredients except chicken together in a large bowl. Add chicken breasts and massage marinade into meat until evenly

coated. Place the bowl in the refrigerator and let the chicken marinate at least 4 hours or up to 12 hours.

3. Place chicken breasts on a George Forman or grill. Cook for 2-3 minutes per side. Serve and enjoy.

5G / 20KCAL



12G / 108KCAL 50G / 200KCAL

328

NO NO NO NO NO dairy eggs gluten soya MSG



NO NO weight watchers nuts trans fats pro



points

8

Healthy Salmon Steak on bed of spinach

LUNCHES/DINN E R S

When it comes to slamming down spinach, I think Popeye was onto something, though I don't recall him getting the memo on salmon (maybe he wasn't getting enough eicosapentaenoic acid?). Another unanswered question - was Popeye into the low carb thing? History does not say. Why do I ask? Because salmon is the foundation of many a delicious low carb meal - this recipe being one of them. Though it's not that you'll feel like you're missing out on anything, with all that juicy grilled salmon and olive oil cascading all over the place, oh no. In fact, frying the spinach in the salmon, and then combining it with the chive dip creates a taste experience I can only describe as 'powerful'. So powerful. You might have forgotten what a carb is at this point.

shopping

SERVES 2 PORTIONS

- 2 fillets of salmon (120g per fillet)
- 150g fresh spinach
- 1 tbsp sour cream & chive dip
- 10ml olive oil

ideal for when

Light Lunch 12 mins | low carb dinner Fast snack

directions

1. Take the salmon fillets and lightly rub a little olive oil all over **5G / 20KCAL**s them. Also add some pepper if desired. Cook on a George Foreman or grill for 8-12 minutes. **40G / 380KCAL**s

2. While the salmon is cooked. Take a frying pan and add the remaining oil. Heat on a medium heat and add in **50G / 200KCAL**s the spinach. The spinach will reduce in size and volume significantly as it cooks.

3. Once the salmon and spinach are cooked, add the spinach

to a plate, place the salmon on top and add some sour **600cream and chive dip to finish it off. Serve and enjoy. TOTAL **300****



**NO NO NO NO NO NO NO NO weight watchers dairy
eggs gluten soya MSG nuts trans fats pro points
(per serving)**

Mexican chicken taco with avocado

LUNC*HES/*DINN E R S

Though Mexican food has yet to take as firm a hold in Europe as it has in the US, a few staples have already established themselves. Tacos are one - and for good reason. After all, a taco is basically everything you love from a wrap (namely the fact that all the flavours arrive in a delicious, soft and edible parcel), but with a South American twist! In fact, people from the area we now call Mexico have been eating tacos for a very long time indeed. Historians are pretty sure that even before the time of Hernan Cortez (and eventually the Spanish) settling in the area, people were eating a type of cornmeal taco served with fish. Modern Mexicans have upped the ante with bigger, fluffier wraps, plus more and more fillings. I have

borrowed some of their ideas to bring you this particularly delicious (and perfectly healthy) taco recipe.

shopping

SERVES 2 • **PORTIONS**

- 2 soft heated • tacos

- 200g skinless chicken fillets

- 1 small red onion

- 1 large avocado

- 1 teaspoon lemon juice

- 5g Cajun chicken spice

5ml olive oil

ideal for when

Fast snack 10 mins **Light lunch** **Post workout**

directions

1. Prick the chicken fillets with a fork all over - both sides. **55G / 220KCAL**S

2. Lightly coat the fillets in olive oil and cover in Cajun spice.

3. Place chicken breasts on a George Foreman or grill. Cook for **50G / 450KCAL**S 2-3 minutes per side.

4. While the chicken is cooking, take the onion and finely chop into **70G / 280KCAL**S small pieces. Half and scoop out the avocado into a bowl. Mash with a fork until this forms a paste, then combine with the onion.

Drizzle with a little lemon juice and mix for another minute. 9505. Once the chicken is cooked, dice it into small chunks. Take your TOTAL taco and fill with chicken and avocado paste. Serve and enjoy..475



NO NO NO NO NO NO NO NO weight watchers dairy eggs gluten soya
MSG nuts trans fats pro points (per serving)

Sausages, Mash and Gravy

LUNCHES/DINNERS

When it comes to English food, Sausages and mash served in gravy is right up there with roast beef, jellied eels and Wensleydale cheese. Hell, I probably couldn't make this one any more English if I'd tried (though I haven't actually tried - so don't quote me on that yet). A staple of households all over England (and English households all over the world) - this old (and very gratifying) classic is not one to turn your nose up at. And from a nutritional point of view it's also a bloody good dinner or post workout fix. Want a piece of sausage related trivia? (how's THAT for a leading question?). The English sometimes refer to sausages as 'bangers'

- because during war rationing, sausages had a much higher water content - which lead to the occasional explosion during cooking. Thankfully this is no longer a problem.

shopping

SERVES 2 PORTIONS

- 300g white potato - peeled.
- 4 sausages
- 100g white onion
- 30g butter
- 10g honey
- 5ml olive oil

ideal for when Post workout 20 mins Dinner Comfort food directions

1. Place the peeled potatoes in a large saucepan of water over a high heat **80G / 720KCAL**S and bring to the boil. Boil the potatoes gently until tender - about 20- 25 minutes depending on the size of the potatoes. When you can break the **35G / 315KCAL**S potatoes with a fork or cut them easily with a knife, they're done. Drain the water with a colander and place potatoes back into the pan.

2. Place sausages on a George Foreman or grill. Cook for 10-12 minutes **45G / 180KCAL** rotating every few minutes.

3. While the potatoes are cooking, heat a frying pan with a drop of olive oil and place the chopped onion to cook. Cook for 5 minutes and add in the

honey. Cook for a further 10 minutes until the onion starts to caramelize. 1,225

4. Add the butter and mash the potatoes with a potato masher until smooth **TOTAL** or desired lumpiness.

612

per serving

5. Dish up the mash, sausages and onions. Serve and enjoy.



NO NO NO NO NO

dairy eggs gluten soya MSG



NO NO weight

watchers nuts trans fats pro points (per serving)



11



Spaghetti with meatballs

LUNCHES/**DINN E R S**

I dunno about you but when I think about spaghetti and meatballs the first thing that comes to mind is overweight Italian American men singing Harry Warren's "That's Amore!" or talking dogs sharing said spaghetti in a romantic restaurant setting, as the sun goes down behind them. However, there's so much more to spaghetti than these slightly/entirely ridiculous scenarios. In fact, spaghetti can be just as much a part of your healthy regimen as your protein shake, or the fruit that you snack on - if you know what's in it. And the good news is... now you do! This is some goddamn versatile spaghetti right here. It's a post workout, comfort food and unreasonably delicious meal all in one. Now that's Amore!

shopping

- 200g canned plum tomatoes
- 1 chopped carrot
- 100g fresh

spaghetti

- 150g lean beef mince balls
- 10ml olive oil

ideal for when

Comfort food 20 mins Post Workout

Large Lunch

directions

1. Heat the olive oil in a large saucepan. Add the finely chopped carrots and **85G / 340KCAL** heat for 4-5 minutes. Scoop out the tomatoes from the canned sauce and add to the carrots. Heat for a further 5 minutes. **12G / 108KCAL**

2. Add the tomato sauce and simmer for 15 minutes - stirring every 2-3

minutes. **45G / 180KCAL**

3. While the sauce is cooking. Take the meatballs and heat on a George

Foreman or grill for 10 minutes until cooked through. Add to the sauce to cook through for the final 5 minutes of the sauce cooking.

4. Heat a large pan of water and bring to the boil. Add in the fresh spaghetti and cook for 3-5 minutes. Drain the water and prepare to serve.

5. Take a plate and add the spaghetti. Scoop out the sauce and meatballs

628 from the pan and add them to the spaghetti.

Serve and enjoy.



NO NO NO NO

NO dairy eggs gluten soya MSG NO NO
weight watchers nuts trans fats pro points



17





desserts

LOG IT, COOK IT, FUEL IT



Protein Blueberry Muffin

DESSERTS

Anyone who tells you that they don't like blueberry muffins has either never had a proper blueberry muffin, or is lying to you. So, joy of joys - here's a recipe for a blueberry muffin that doesn't just taste great, but helps you feel and look great too. The secret? We tweaked the recipe to contain more protein and less sugar, whilst more or less maintaining everything that you know and love about those delicious, delicious muffins. Though I have never met the Muffin Man (does he even lift?) I'm pretty sure he doesn't know about this one. But you do - and that's the main thing here. These are impressive muffins for impressive people.

shopping

MAKES 12 •

MUFFINS • 250ml almond milk .. 125g wholewheat

flour

• 50g whey protein

•

2 teaspoons

baking powder

• 1/2 teaspoon

baking soda

20ml olive oil

25g stevia

200g partially

frozen blueberries

ideal for when

Small dessert 25 mins **Lunch treat**

Post workout directions

1. Pre-heat oven to 190 degrees Celsius.

150G / 600KCAL

2. Mix all ingredients except the blueberries into a large mixing bowl. Stir thoroughly until a loose dough forms. 25G / 225KCAL

3. Add in the blueberries and mix well. 55G / 220KCAL 4. Lightly grease a muffin tray and scoop in 12 similar sized portions into 12 muffin cups. Each muffin cup should be about 2/3rds full.

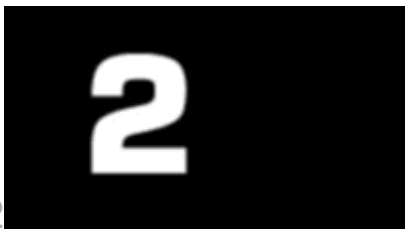
5. Cook for 20-23 minutes or until you can pass a knife through 1,045 one of the muffins and have the knife come out clean. Leave TOTAL to cool. Serve and enjoy. 87

per muffin



NO NO NO NO NO

dairy eggs gluten soya MSG NO NO weight
watchers nuts trans fats pro points (per serving)



Chocolate banana smoothie

DESSERTS

When you combine chocolate and banana flavours, such wonderful things can, and often do, happen. This is the idea behind my recipe for the glorious 'chocolate banana smoothie'. This

smoothie can only really be described as 'liquidated deliciousness that does impossible things for your waistline'. Hell, it's even got Nutella in it. Yup – Nutella. A balanced diet really isn't as hard as some people make it out to be. And at around 5 minutes prep time, this is the perfect post workout reload for exhausted people - or a slightly cheeky way to start an epic day. Want to try the 'refreshing' version? Add some crushed ice and you have something along the lines of an upgraded chocolate protein slushie. Sound good?

shopping

- 1 whole banana
- 30g chocolate whey protein
- 20g Nutella
- 200ml semi skimmed milk
- Half avocado
- 100g crushed ice (optional)

ideal for when

Post workout 5 mins **After Dinner**

Breakfast

directions

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Serve and enjoy.

60G / 240KCAL



20G / 180KCAL 30G / 120KCAL

540

**NO NO NO NO NO NO NO NO dairy eggs gluten soya
MSG nuts trans fats**



**weight watchers
pro points**



15



protein frozen raspberry yogurt

DESSERTS

If 'froyo' suddenly grew Balls Of Steel it might end up looking (and tasting) a little like this little number. People love and appreciate Greek Yoghurt for a good many reasons - and one of them is the fact that even the low calorie varieties have an impressive creaminess that a lot of other yoghurts just can't compete with. This flavour doesn't come from the fat content, but instead from the type of bacterial culture used to make the yoghurt. Anyhow, the basis of this recipe is fat free frozen Greek yoghurt and a whole load of frozen raspberries. Plus some protein powder. Which means low calories, high protein AND plenty of taste - absolutely perfect for hungry muscles or hungry humans. Or as a 'delicious-yet-also-simultaneously-health-conscious dessert opportunity.' Plus it's got raspberries on the top, so it looks pretty too.

shopping

MAKES 3 SMALL GLASSES FULL

- 200g frozen raspberries
- 30g raspberry whey protein (or strawberry)
- 400g Total Zero Greek yogurt
- 20ml almond milk (if needed)

directions ideal for when Post workout 10 mins After Dinner

1. Add the frozen raspberries and whey into large bowl. 45G / 180KCAL
Using a handheld blender, blend the ingredients together. This will take a few minutes to form a paste. 2G / 18KCAL

2. Fold in the yogurt until a smooth paste has formed. 60G / 240KCAL
Add the almond milk IF the paste is too thick. This will depend on how quickly you do Step 1.

3. Fill 2 or 3 glasses with the mixture and place into the freezer for 3-5 hours. After this time has elapsed, take TOTAL a spoon, serve and enjoy. 146

per glass



NO NO NO NO NO

dairy eggs gluten soya MSG NO NO weight
watchers nuts trans fats pro points (per serving)



rhubarb protein Crumble

DESSERTS

Rhubarb crumble - truly a dessert of the Gods. Quintessentially English, quintessentially delicious, quintessentially NOT helpful to your fitness goals. Until now. Introducing *drum roll*

the Rhubarb Protein Crumble. All the rhubarb, less of the sugar, and a hell of a lot more protein. But wait, there's more! You can even add port (yes, PORT) - ARE YOU MAD! In terms of taste and nutritional content, this one also steamrollers the rhubarb based dessert competition (I'm not even sure that's a proper sentence but lets go with it). True, burying your face in rhubarb crumble every day is probably not ideal for that difficult bit towards the end of your cut. But as part of a balanced nutritional regime, who can argue against a high protein rhubarb crumble? Nobody can – nor should they.

shopping

SERVES 6 PORTIONS FILLING

-

600g chopped rhubarb (thumb size chunks)

- 50g brown sugar
- 25 stevia

- 20mil port
(optional)

CRUMBLE

- 100g self-rasing flour

-

50g whey protein

(chocolate or plain)

- 75g butter

-

50g brown
muscovado sugar

- 35g chopped
almonds

directions ideal for when After Dinner 60 mins Post workout

1. On a medium heat, take a saucepan and fill it with the rhubarb, 235G / 940KCALs sugar, stevia and port. Cover and simmer for 12-15 minutes. Once

the rhubarb is soft, pour into a backing tray/dish. 85G / 765KCALs

2. Pre-heat the oven to 180 degrees Celsius. Take all the dry ingredients and add to a blender. Blend until thoroughly fine and 60G / 240KCALs smooth.

3. Take the dry ingredients and place into a mixing bowl. Add the

butter and rub together with your fingers to form a crumble. This will 1,945 take several minutes and lots of patience. TOTAL

4. Scatter the crumble on top of the rhubarb and bake for 30-40 325

minutes. Serve and enjoy. *per portion*



NO NO NO NO



NO dairy eggs gluten soya MSG NO NO
weight watchers nuts trans fats pro points (per



serving)

Protein Chocolate Sponge Cake

DESSERTS

Relax, I'm not going to make that joke about 'having your cake and eating it'. Not even ironically (though I will admit that I was tempted at one point). However, I've always loved the idea of a sponge cake that can basically help you get ripped. So, as you can perhaps imagine, I'm pretty pleased with how this recipe turned out. The coconut and powder add some creaminess and depth to this, whilst those smooth, rich chocolate notes hit the front of your tongue like a sensory jackhammer made of anabolism and Epicurean delight (yup). And the almond milk adds just the right amount of sweetness to top it all off. Do I really have to sell this to you? It's a PROTEIN CHOCOLATE SPONGE CAKE. Come on!

shopping

SERVES 10 •

PORTIONS • 50g chocolate

whey protein • powder

• 25g ground • coconut

• 20g cocoa powder •

• 2 whole eggs
(beaten)

50g melted butter

1 tsp baking
powder

20g stevia

100ml almond milk

25g self raising flour

ideal for when

Post workout 25 mins After Dinner

Morning snack

directions

1. Pre-heat the oven to 180 degrees Celsius

40G / 160KCALS

2. Take all the dry ingredients and place into a dry blender. Blend until smooth.

90G / 810KCAL

3. Take this dry mix and place into a large mixing bowl. 55G / 220KCAL
Form a hole in the center and add in 2 beaten eggs, melted butter and milk. Mix until thick and smooth.

4. Add to a baking tray and cook for 14-18 minutes until 1,190 golden brown or until you can pass a knife through TOTALit and have the knife come out clean. Leave to cool. 119 Serve and enjoy. *per portion*



NO NO NO NO NO



dairy eggs gluten soya MSG NO NO weight
watchers nuts trans fats pro points (per serving)



Banana cake

DESSERTS

A banana cake that advances your fitness goals with ruthless efficiency and caloric exactitude? Why you so surprised though? Now, I'm not gonna lie to you and pretend like this recipe, on its own, is gonna grant you a ticket to / permanent residence in Shred City. I

am however going to be honest in saying that, if it's the right time in your regimen for cake, and it's a banana cake that you want then goddamnit you should HAVE that banana cake. You worked hard and you earned it. And, guess what? This is the banana cake that you are looking for. I 'trialed' my way through many a recipe (some better than others) before eventually arriving at this one. And now you have it: the banana cake apex. The banana cake pinnacle. The Alpha and The Omega of banana cake. Enjoy!

shopping

SERVES 10 SLICES • 150g caster sugar

• 120g butter • 1 teaspoon vanilla

• 1 whole egg^{extract}

•

200g ripe

bananas, mashed

• 200g self raising

flour

•

70ml semi

skimmed milk

directions

1. Pre-heat the oven to 180 degrees Celsius.

2. Take a loaf tin/small baking tin and lightly grease.

3. Take a saucepan and melt the butter, sugar and vanilla using
105G / 905KCALs a medium heat. 30G / 120KCALs

4. Remove from the heat once the butter is fully melted and add the mashed banana. Take the egg and add it to the mix too. Mix thoroughly.

5. Stir in the flour and milk slowly. 2,425

6. Once mixed into a smooth paste, pour into the baking tin. ^{TOTAL}
Place into the oven for 45-55 minutes. Serve and enjoy.

242

per slice

ideal for when

After dinner 55 mins Weekly treat

350G / 1400KCAL



NO NO NO NO NO dairy eggs gluten soya MSG



NO NO weight watchers nuts trans fats pro



points (per serving)

Banoffee pie

DESSERTS

It's 1976 and two men in a restaurant in Jevington, East Sussex, have just accidentally invented Banoffee Pie. Both of them know that they're onto something – but sadly, neither has factored looking/being 'aesthetic' into their new, spectacularly delicious invention. This is a pretty depressing reality for health conscious people the world over. Flash forward to today. Things are better now. It's not depressing any more. We know about macros. We know how to count them. We know about cheat days and post workout meals. Yes, I can help you undo years of crippling banoffee pie deprivation and the tsunami of bad feelings that result from it – because I have just the banoffee recipe you need. Banana, toffee and whipping cream sitting on a moist bed of digestive biscuits. And this is absolutely compatible with being strong? You better believe it.

shopping

SERVES 12 SLICES • 20g grated 85%

•

100g melted butter

dark chocolate for decoration

• 250g digestive biscuits

• 200g bananas

- 1 can Carnation Caramel
- 300ml whipping cream

ideal for when

Post workout 20 mins After dinner

weekly treat

directions

1. Take the biscuits and place them into a bowl. Crush into fine powder 445G / 1780KCALs and add the melted butter. Mix until it forms a thick paste. Take a 23 inch tart tin/baking tin and empty the mixture. Using your fingers, 280G / 2520KCALs press the mixture into the sides of the tin evenly. Chill it for 10

minutes in the fridge. 50G / 200KCALs

2. Once chilled, take the caramel from the tin and spread evenly across the base of the pie.

3. Take the bananas and roughly chop into slices. Take these slices

and cover the base of the caramel. 1 - 2 layers of banana slices are 4,500 ample. TOTAL

4. Spoon the cream over the bananas and finish with grated chocolate. 375 Serve and enjoy. per slice



NO NO NO NO NO dairy eggs gluten soya MSG



NO NO weight watchers nuts trans fats pro



points (per serving)

10



Carrot cake

DESSERTS

I've been a fan of carrot cake since I realised it was possible to combine carrots AND cake. Of course, I would certainly not be the first person to make this connection – the oldest carrot cake recipe we know of dates back to Switzerland in the end of the 1800s, though it is said people have been putting carrots into one form of cake or another since the Middle Ages (remember, carrots contain a lot of natural sugars). This one is a bit more complicated than most of the recipes in this book – but, believe me, once you try it you will see that the extra effort is very much worth it. The grated dark chocolate is literally the icing on the cake (or maybe 'the icing on the icing?').

shopping

SERVES 12 SLICES For the icing For the cake • 100g cream cheese
• 2 eggs • 1 medium orange,

- 300g peeled & grated zested
- 200g icing sugar
- 140ml olive oil • 20g grated 85% carrots
- 75g chopped walnuts
- dark chocolate for decoration
- 160g self raising flour
- 175g soft brown sugar
- 1/2 tsp bicarbonate of soda
- 1 tsp cinnamon
- 1 tsp mixed spice

directions ideal for when post workout 75 mins After dinner

1. Pre-heat the oven to 150 degrees . Line a large loaf tin/baking tin with greaseproof paper so that the paper overlaps the sides of the tin. **545G / 2180KCAL**
2. Take the eggs and place in a bowl. Whisk thoroughly. Add in the oil, sugar and grated carrots and continue to whisk. Add in the chopped nuts and continue to mix. **240G / 2160KCAL**
3. Add in the remaining ingredients for the cake mixture and fold/stir with a spoon.
4. Add the mixture to the loaf/baking tin and place into the oven for 60-75 minutes or until a knife can be inserted into the centre of the cake and come out clean. **55G / 220KCAL**
5. Once cooked, allow to cook for 10 minutes. This will make it easier to remove from the tin and place on a plate/wire rack.
6. While the cake is cooking, take a large bowl and mix all the icing ingredients together,

excluding the chocolate. Mix until a thick smooth paste has formed and then spread this across the top of the cooled cake. Take the grated chocolate and sprinkle on top TOTAL for decoration. 3807. Serve and enjoy. per slice



NO NO NO NO NO dairy eggs gluten soya MSG



NO NO weight watchers nuts trans fats pro



points (per serving)

10

10

Protein cup cakes

DESSERTS

Have you ever just...inexplicably had to have cupcakes? Inexplicably. Or have you ever been suddenly assailed with a deep, primal urge that can only be fulfilled by cupcakes? I think we've all have been there at least one point in our lives. So I made a recipe that can help. Behold: PROTEIN cup cakes. They look almost identical to a 'regular' cup cake, and they taste a little like you 'shouldn't' be eating them. But they have a little secret: they are MUCH higher in protein than your regular cupcake, and the ingredients are a lot more wholesome too. Which means they can be snacks. Delicious snacks. Or post workout cupcakes. Post workout cupcakes...do you reckon we can make this a thing? It should definitely be a thing.

shopping

SERVES 12 CUP CAKES

- 100g oatmeal flour
- 150g plain cottage cheese
- 50g chocolate whey protein
- 8 large egg whites

- 1 Tbsp vanilla extract
- 14 pitted dates

- 15g cocoa powder
- 45g ground flax

- 100g mashed banana
- 1/2 Tsp cinnamon

ideal for when

After dinner 20 mins Post workout Midday snack

directions

1. Pre-heat the oven to 200 degrees Celsius.

370G / 1480KCAL

2. Place all the ingredients into a large bowl and mix thoroughly until a thick paste has formed. 40G / 360KCAL

3. Take a tray of 12 cupcake compartments. Place a paper cupcake cup into each tin and spoon the mixture into each paper cup. 115G / 460KCAL Evenly fill 12 cups with the mixture.

4. Place in the oven for 14-18 minutes until cooked or until you

**can pass a knife through it and have that knife
come out clean. 2,300 Leave to cool.. TOTAL**

5. Serve and enjoy.191

per cup cake



NO NO NO NO NO dairy eggs gluten soya MSG



NO NO weight watchers nuts trans fats pro



points (per serving)

Protein mousse dessert fruit

DESSERTS

Now doesn't this one have a ring to it? (Answer: yes it does). Protein mousse looks almost exactly like regular moose, and tastes pretty close too. The difference? It's pretty useful if you're serious about enjoying culinary indulgences AND looking super amazing with no clothes on. The secret comes from the Muscle Mousse, a high protein, BCAA rich dessert formulated by a pretty smart guy called Neil Johnson. By now, Muscle Mousse has something of a cult following, and like any mousse like substance, it is a very versatile ingredient indeed. Served in glasses and topped with a handful of cherries, this delicious recipe looks quite like the kind of dessert that you'd get in a fancy gastropub. Hell, I'm pretty sure you could serve it to your non-lifting friends (yeah, those guys) and they'd be none the wiser. Actually, I dare someone to try it and report back with the results.

shopping

SERVES 6 GLASSES

- 100g Muscle Mousse - strawberry flavour
- 125g chopped cherries - pip removed

- 300ml cold water

ideal for when

After dinner 45 mins Post workout Light lunch

snack

directions

1. In a large bowl, mix the water and Muscle Mousse with a whisk.
2. Take a small saucepan and place on a medium heat. Add the chopped cherries and heat for 5-8 minutes until the cherries start to ooze liquid. Simmer. Crush some of the cherries to encourage the juice to flow.
3. Take the glasses and add a spoonful of this cherry mixture into the bottom.
4. Add the Muscle Mousse and fill almost to the top, leaving a 2cm gap at the top.
5. Add the glasses to the fridge and allow to set for 40minutes. Remove once set and add the remaining cherry mixture to the tops of the glasses.
6. Serve and enjoy.

35G / 140KCAL

2G / 18KCAL 60G / 240KCAL



398

TOTAL

63

per pot

NO NO NO NO NO dairy eggs gluten soya MSG



NO NO weight watchers nuts trans fats pro



points (per serving)

2

ABOUT THE AUTHOR

DANIEL WHEELER



Having been morbidly obese and transformed my own life by losing over 8 stone, I found a passion to help, inspire and motivate others. I went on an intense educational journey, founded my own fitness company, Life Changing Fitness, and now tour the country hosting seminars to educate and inspire others on proper nutrition and exercise.

I created this recipe book with the sole purpose to allow people to enjoy everyday foods to fit within a healthy active lifestyle. You can enjoy any of these meals and achieve any goal you have... that I guarantee you. I hope you enjoy the foods as much as I did creating this book.

LOG IT, COOK IT, FUEL IT

