



The Beltsander's Cookbook Volume 3.



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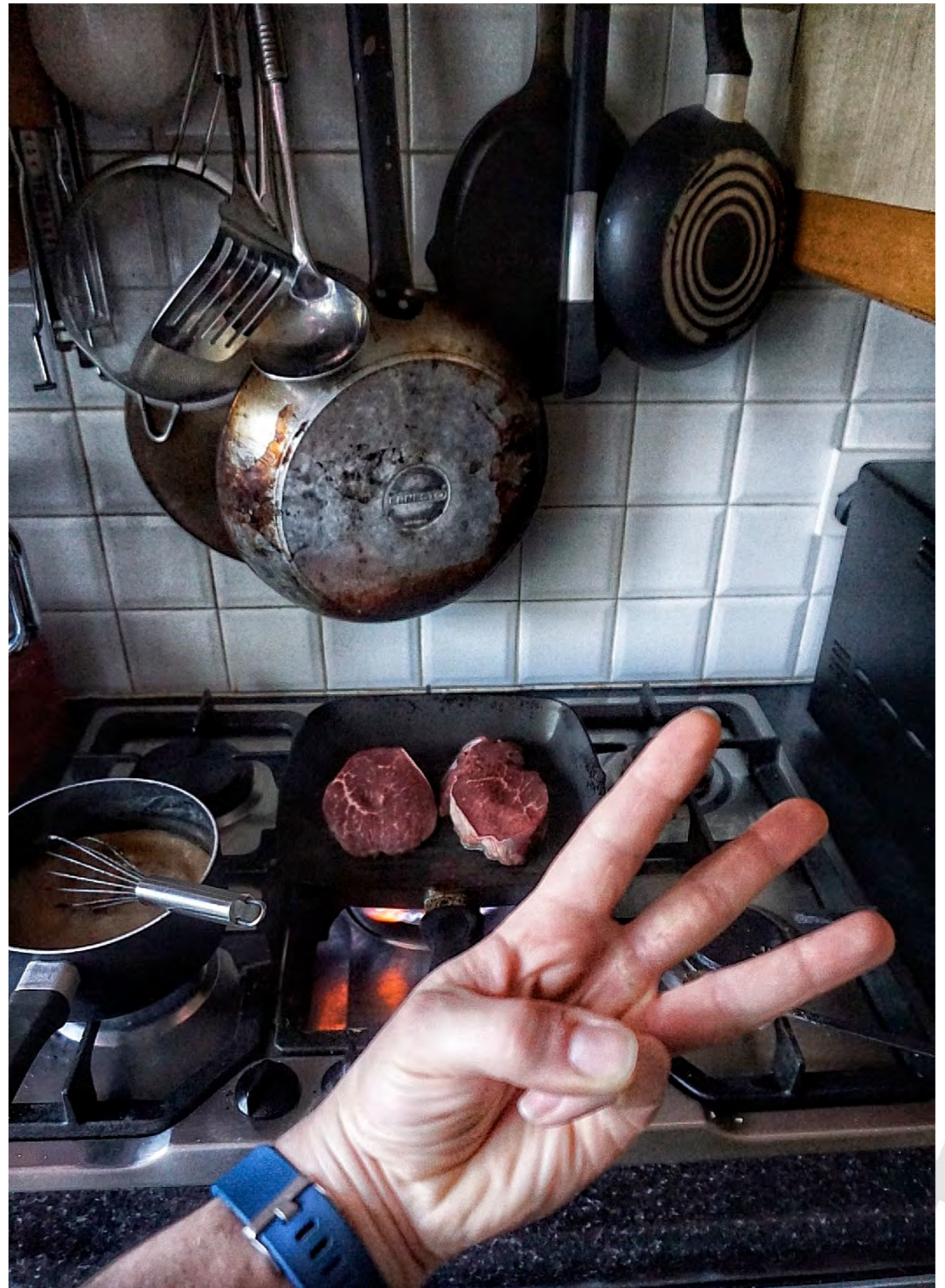
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Welcome to The Beltsander's cookbook Volume III

Hello and welcome to the Beltsander's Cookbook Volume 3.

Can you believe we've made it to cookbook number 3? I never thought I'd write one so I'm really amazed we're at this point...

Last year my wife gave birth to a happy and healthy baby girl and we've never been happier. However babies make spare time a valuable commodity. Life has gotten super busy and it's this limit on time that has served as the inspiration for this volume.

It occurred to me that I can't be the only one who has a busy life and feels short on time but still has fitness and nutritional goals. So if you feel that there aren't enough hours in the day to cook tasty macro friendly meals and treats then this is the book for you!

I've also included a whole section on slow cooker meals, explaining how you can save time and money by using one and how ridiculously simple it is to make super tasty meals with them. I'll also be reintroducing my macro friendly pastry guide this time. I've even included a link to the video guide to show you exactly how easy it is to make it and some new ways in which to use it.

This time I've also included scannable barcodes for every recipe which can be scanned on The my fitness pal app for stress free macro tracking along with a printable page at the back listing all the barcodes

As always I'd like to personally thank you for purchasing my eBook and supporting me. It genuinely means the world to me and it's your support which allows me to keep creating content.

Disclaimer: I am not a nutritional expert nor do I claim to be. My opinions, those expressed in this book are based on my own personal research, trial and error and what has worked for me.



This work is dedicated to the Instagram community who's support never fails to amaze and motivate me, the very beautiful and incredibly understanding Mrs_Thebeltsander for putting up with the constant mess I make in the kitchen and baby Alice.

We're gonna have so much fun when you move onto solids...

Much love,
The Beltsander.



Chapter 1. Savoury.



This chapter will include all the savoury dishes that you won't need a slow cooker to prepare.

They're all very simple to make and macro friendly enough to eat pretty much every day.



Huevos Ranchos



A traditional Mexican breakfast dish this simple recipe delivers massive flavour in return for very little carbs.

Per Serving:

Calories:449

Fat:12g

Carbs:47g

Protein:31g



Ingredients:

- 1 Can of chopped tomatoes (400g).
- 2 Cloves of garlic.
- 1 Red onion (90g).
- 1/2 An avocado (70g).
- 2 Eggs.
- 1/2 Teaspoon paprika.
- 1/2 Teaspoon cumin.
- 1 Bell pepper (80g).
- 30g Greek yogurt.
- Optional: Chopped coriander.

Method:

- Put a small frying pan (make sure you've got a lid to go with it) on a medium heat.
- Peel and chop the onion and garlic and lightly fry in the pan.
- Chop the pepper and add that to the pan, lightly fry for 5 minutes.
- Open the chopped tomatoes and add them to the pan along with the paprika and cumin, season with salt and pepper.
- Use a spoon to make small wells in the tomato stew, and crack in your eggs so they poach. Put the lid on and let the eggs cook for around 3 to 4 minutes.
- Finally top with the Greek yogurt, chopped avocado and coriander.



Buffalo turkey burgers with blue cheese dressing.



We all know that turkey mince is super lean and with it come some amazing macros. But the trouble with most turkey burgers is that they're usually flavorless, bland and just not as good as beef. Not anymore though...

Per Burger: (makes 4)

Calories: 599

Fat: 11g

Carbs: 70g

Protein: 51g



Blue cheese dressing
per portion:

(makes 4)

Calories: 284

Fat: 6g

Carbs: 2g

Protein: 55g



Ingredients:

Turkey burgers:

- 400g Lean minced Turkey breast.
- 1 Tablespoon Frank buffalo sauce.
- 1 Tablespoon paprika.
- 1/2 Teaspoon dried basil.
- 1/2 Teaspoon garlic powder.
- 1/2 Teaspoon ground pepper.

Blue cheese dressing:

- 80g Crumbled blue cheese.
- 160g Greek yogurt.
- Salt.
- Pepper.

Method:

- In a large bowl, mix the ground turkey, salt, pepper, garlic, basil, and buffalo sauce. Then shape into 4 flat burger patties.
- Put a grill pan in a medium to high heat then cook the burgers for 5 mins each side or until cooked through. (when working with poultry its important to check that everything has been cooked through properly).

Blue cheese dressing:

- Add all the ingredients to a bowl and mix well to combine.
- If the mixture looks too thick you can add some almond milk to thin it out slightly. Adjust the macros as necessary.



Chicken casserole with buttermilk biscuits.

This is comfort food at its best, and the recipe makes two servings with 8 biscuits which will keep really well in the fridge.

Per Serving with 4 biscuits: (makes 2 servings)

Calories:585

Fat:12g

Carbs:55g

Protein:58g



Ingredients:

Casserole:

- 2 Chicken fillets (360g).
- 2 Leeks (300g).
- 2 Red onions (160g).
- 100g Light cream cheese.
- 200mls Chicken stock (a stock cube is fine).
- 2g Dried thyme.
- 2g Dried Rosemary.
- 5g Plain flour.
- Salt.
- Pepper.

Biscuits:

- 100g Self raising flour.
- 25g Light butter.
- 1 Teaspoon Baking powder.
- 100mls Buttermilk (can be swapped for regular milk).

Method:

- Put a large pan with a metal handle on a medium heat, chop the chicken into cubes, add it to the pan and fry until brown.
- Chop the leeks and onion, add them to pan and gently fry for 10 minutes or until they're soft.
- Add the flour and mix well, then add the cream cheese, chicken stock, herbs, salt and pepper. Allow it to simmer over a medium heat until reduced by half, about 2 to 3 minutes.
- Pre heat the oven to 200°C/300°F. Add the flour to a food processor. Chop and add the butter and process for 1 minute. Slowly add the buttermilk to the food processor until you end up with a dough. (You might not need all the milk to form a dough, add it slowly and watch how it's forming)
- Divide the dough into 8 pieces and gently roll each into a round biscuit. Place the biscuits on top of your fully cooked stew and press down lightly so that they're half submerged.
- Carefully place the pan into the hot oven and bake for 15 minutes or until the biscuits are risen and golden.

Beef koftas with tzatziki.



Bored of using lean beef mince over and over for the same old recipes? This one is for you. After becoming really bored with beef mince recipes I challenged myself to get a bit more creative with it and this was the result.

Complete with a kick ass, macro friendly tzatziki.

1/2 the recipe: (3 koftas & half the tzatziki):

Calories: 408

Fat: 9g

Carbs: 13g

Protein: 69g



Ingredients:

Beef koftas:

- 450g lean beef mince.
- 1 Teaspoon cumin.
- 1/2 Teaspoon dried mint.
- 1 Teaspoon garlic powder.
- 1 Teaspoon cinnamon.
- Salt.
- Pepper.
- Spray oil.

Tzatiki:

- 75 g of Cucumber.
- 400g Greek yoghurt.
- Mint.
- Salt.

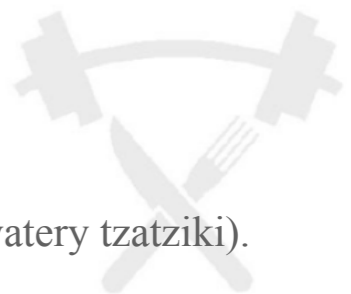
Method:

Beef koftas:

- Put a grill pan on a medium heat.
- Combine all the ingredients in a bowl and divide into 6 equal pieces.
- Roll the pieces into 6 ovals and thread onto skewers.
- Spray the grill pan with oil and add the koftas.
- Cook until browned all over and cooked through, turning occasionally.

Tzatiki:

- Grate the cucumber into a bowl and add a pinch of salt.
- Use your hands to squeeze and scrunch up the cucumber to get rid of as much water as possible. (This is an important step to avoid watery tzatziki).
- Add the mint and yogurt to the bowl and mix well to combine.



Chicken and egg fried rice.



I can honestly say this is every bit as good as my local Chinese takeaway and seriously filling for 800 kcal. It's also packed with veggies and much lower in sodium than a typical Chinese takeaway.

Calories: 796

Fat: 15g

Carbs: 90g

Protein: 66g



Ingredients:

- 1 Chicken fillet (180g).
- 1 Pouch of microwave rice(250g).
- 1 White onion (100g).
- 1-2 Carrots (120g).
- 50g Peas (Frozen work fine).
- 1 Egg white (30g).
- 1 Medium egg.
- 2 Tablespoons of soy sauce.
- Spray oil.

Method:

- Put a large frying pan on a medium heat and cut the chicken into small pieces.
- Spray the pan with oil and add the chicken.
- When the chicken is cooked add 1 tablespoon of soy sauce, let it fry briefly for a minute and then remove the chicken, put the pan back on the heat.
- Finely chop the carrots and onions, add the peas and fry until tender.
- Add in the rice pouch, cooked chicken and stir.
- Move the veg and rice to the side of the pan, crack in the egg and add the additional egg white. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetables and rice.
- Pour the remaining soy sauce on top. Stir and fry the rice and veggie mixture until heated through.



Protein brown bread.



This was an attempt to replicate the amazing brown bread we get in here in Ireland. But instead of being heavy in calories (all of which is carbs) this bread is much easier to fit into your macros and gives a nice amount of protein per slice. Just make sure your using unsweetened, unflavoured whey.

Per slice (makes 8):

Calories:153

Fat:3g

Carbs:19g

Protein:12g



Ingredients:

- 250g oats.
- 220g Greek yogurt.
- 50g Unflavoured whey.
- 1 Teaspoon baking powder.

Method:

- Preheat the oven to 180°C/ 350°F.
- Add the oats, whey and baking powder to a food processor and blitz for at least 2 minutes.
- With the blender running, slowly add the Greek yogurt.
- Add the mixture to a lined loaf tin pressing the mixture down so it fills all the corners and bake for 40minutes.



Chapter 2. Sweet.



Here it is: the biggest sweets and desserts section I've ever put together.

With the emphasis this time being on batch making, to make it easier and save time further down the line.



Ultimate protein cookies. (V6.4)



If you've been following me on Instagram you'll know all about my struggle in finding the ultimate protein cookie recipe. I eventually settled on this one V6.4.

You can still see the evidence of my struggle by checking this hashtag:

#thebeltsandersquestforaproteincookie
thatdoesnttastelikeass

Per cookie: (makes 6)

Calories: 106

Fat: 6g

Carbs: 3g

Protein: 8g



Ingredients:

- 60g Vanilla flavour whey protein.
- 50g Light, low fat butter spread.
- 30g Apple sauce.
- 15g Chocolate chips.
- 5g Stevia

Method:

- Add the apple sauce, low fat butter spread, stevia and whey to the bowl and mix really well. It might look like the mixture is too dry but just keep mixing it until it eventually forms a dough.
- Add 6 spoonfuls of the mixture to baking sheet and flatten it so that each cookie is a thin disc. (this step helps them to crisp up in the oven).
- Add the chocolate chips evenly to each of the cookies.
- Bake at 150C (300°F) for 8-10 minutes or until golden, you really don't want to overcook these as they'll become too dry very quickly.



Barmbrack. (fruit cake)



A barmbrack is basically a stodgy fruitcake made with tea and (in Ireland at least) it's a pretty big deal around autumn time.

They're mostly calorie dense offering hardly anything in terms of protein.

But this one is different.

Per Serving: (1/8)

Calories:140

Fat:1g

Carbs:25g

Protein:9g



Ingredients:

- 3 Bananas (200g).
- 2 x Egg whites (70g).
- 100g Self raising flour.
- 4 Apples (320g).
- 60g Vanilla whey protein powder.
- 100mls Cold tea.
- 1/2 Teaspoon cinnamon.
- 1 Teaspoon baking powder.
- 10g Stevia.
- 50g Sultanas or raisins.

Method:

- Preheat the oven to 170°C/327°F and line a 9 inch cake tin.
- Peel the bananas, add them to a bowl and mash with a fork, peel and finely chop the apples and add them to the bowl.
- Add the flour, cinnamon, protein powder, baking powder, and stevia.
- Mix to combine and slowly add the tea, you may not need all that liquid, you are looking for a wet dough.
- Then stir through the sultanas until everything is thoroughly combined.
- Spoon the wet dough into the lined cake tin and place in the oven on the middle shelf and bake for 1 hour.
- Remove from the oven and allow to cool slightly before removing from the cake tin.



Triple layer banana birthday cake with cream cheese frosting.



This thing is a real challenge to finish. Sweet, triple tier banana sponge cake layered with cream cheese frosting and packing a whopping 82g protein.

Per Cake:

Calories: 590

Fat: 11g

Carbs: 40g

Protein: 82g



Ingredients:

Cake:

- 1 Ripe banana (80g).
- 10g Plain flour.
- 100g Greek yogurt.
- 60g Vanilla whey protein.
- 1 glacé cherry.
- 30g Light spray cream.
- 2 Medium sized egg whites.

Method:

- Peel the banana, add it to a bowl and mash it with a fork.
- Add the dry ingredients for the cake to the bowl, then add the egg whites, Greek yogurt and stir to make a thick batter.
- Pour into a lined rectangular cake tin and bake at 150°C (300°F) for 15-20 minutes.
- Remove it from the oven and allow it to cool completely before cutting the cake in three equal parts.

Frosting:

- Mix the yogurt, casein, cream cheese and stevia in a bowl and add it to the top of each cake section.
- Add the spray cream and cherry.

Icing:

- 50g Light cream cheese.
- 50g Greek yogurt.
- 10g Casein protein powder.
- 5g Stevia sweetener.



Protein chocolate cake bars.



The idea here is to be able to knock out a batch of great tasting cake bars in a matter of minutes.

Wrap them up and have them in the fridge ready and waiting whenever you need them.

Per Bar: (makes 6)

Calories:166

Fat:5g

Carbs:15g

Protein:13g



Ingredients:

- 60g Oats.
- 60g Chocolate flavor whey protein.
- 2 Egg whites (70g).
- 1/2 Teaspoon baking powder.
- 100g 0% fat Greek yogurt.
- 30g Apple sauce.
- 60g Chocolate chips.
- 20g Cocoa powder.
- 5g Stevia.

Method:

- Pre heat the oven to 150°C/300°F.
- Add all the ingredients to a blender except the chocolate chips.
- Pour the batter into a lined 9" baking tray.
- Bake in the hot oven for 12-15 minutes, When they come out they should look slightly under cooked. You don't want to over cook these and they will firm up after they cool.
- Add the chocolate chips to a small bowl and microwave for 1 minute or until melted.
- Cover the cake bars in a thin even layer of melted chocolate and then chill in the fridge for at least 10 minutes.
- Remove from the fridge, slice into bars and wrap in tin foil and store them in fridge to be eaten whenever you want them.



Two tone chocolate and hazelnut semifreddo.



Semifreddo for those unaware is a decadent Italian dessert.

It's like a fluffy sliceable ice cream and it's always calorie dense, offers very little in terms of protein and is a challenge to fit into anyone's macros.

Until now that is....

Per slice: (makes 8)

Calories: 75

Fat: 2g

Carbs: 4g

Protein: 10g



Ingredients:

Semifreddo:

- 50g Vanilla whey protein powder.
- 5g Stevia.
- 2 Teaspoons drinking chocolate (20g).
- 3 Egg whites (100g).
- 500g 0% fat Greek yogurt.

Method:

- Add the egg whites to a bowl and beat until very stiff with an electric whisk.
- To the egg whites add the Stevia, whey and Greek yogurt.
- Gently fold together and add half the mixture to a loaf tin lined with plastic wrap.
- Add the drinking chocolate to the remaining mixture in the bowl and fold gently to combine.
- Add this to the loaf tin on top of the white layer, lightly cover with wrap and put it in the freezer for at least 20 minutes.
- Remove it from the freezer and allow it to thaw in the fridge for an hour prior to eating it (this step is essential).

Topping:

- Mix the casein and cocoa powder and almond milk in a bowl and pour it over the thawed semifreddo.
- Finally, roughly chop the hazelnuts and add them to the top.

Topping:

- 10g Casein.
- 10g Cocoa powder.
- Splash of almond milk (5mls).
- 20g Hazlenuts.



Protein bounty bars.



These things are so good. The fact they don't need to be baked also makes them pretty quick and simple to throw together and they're so close to the real thing.

Per bar: (makes 8)

Calories:138

Fat:7g

Carbs:7g

Protein:10g



Ingredients:

- 40g Coconut flour.
- 80g Vanilla flavor whey protein.
- 40g Desiccated coconut (Dried shredded coconut).
- 80g Chocolate chips.
- 70g Almond milk.
- 5g Stevia.

Method:

- Add all the dry ingredients to a bowl apart from the chocolate chips and stir to combine.
- Slowly add the milk and keep stirring to form a stiff dough. It should look too dry initially but as you keep stirring you should feel it come together. If it feels too wet add a small amount of coconut flour and stir until you've got a stiff dough, adjust to reflect the macros.
- Put the dough in some cling film, shape into a rectangle and put it in the freezer for 5 minutes to set.
- Add the chocolate chips to a small bowl and microwave for 1 minute or until melted.
- Take the dough from the freezer and slice it into 8 even bars.
- Dip the bars one at a time in the chocolate and leave them in the fridge to set for at least 10 minutes.

Note: If you need an exact figure to track your macros simply weigh the chocolate bowl before dipping the bars and weigh it again when you're finished. The difference in weight will be the exact amount of chocolate used.



Pastry making in stages:



Ingredients:

- 140g Type 00 flour (any flour will do, but I highly recommend type 00 for pastry and pizza dough).
- 1 Egg.
- 25g Light butter substitute (I use a sunflower oil spread).
- Sweetener of choice, (I use about 3g stevia).

Method:

- Start by combining the flour and sweetener in a bowl.
- Add the butter substitute and using your fingertips, gently work the spread into the flour and sweetener until the mixture resembles breadcrumbs.
- Make a well in the middle and add about half the beaten egg.
- Gently compact the mixture into a ball but try not to overwork the pastry too much at this stage or it will become elastic and chewy and not crumbly. At this point (depending on your flour) it may be necessary to adjust the mix slightly, if it feels too dry, add a little more beaten egg and if it feels too wet add a little more flour. It might take a bit of trial and error at first.
- Put the pastry ball in a bowl, pre heat the oven to 140°C , (280°F) tear off a square of baking paper (or greaseproof paper) and lightly flour it.
- Gently place your rolled pastry into pie dish and shape it to fit, pushing it down into the edges.
- Put the pie dish in the oven and par bake for about 5-10 minutes (This is known as blind baking, it will allow the pie crust time to crisp up before adding a filling) when it starts to colour, take the pie dish out.

Would you like to see a video guide?

I've actually shot a step by step guide to macro friendly pastry, because the file was very large I posted it to my youtube account,

The link is here:



Custard tart.



Traditional custard tarts are made with loads of egg yolks and cream. This one is different though and I know adding squash to a dessert is a little unorthodox but you won't believe how close this comes to tasting like the real thing and how macro friendly it makes the whole tart.

Per serving (1/8):

Calories: 103

Fat: 2g

Carbs: 15g

Protein: 6g



Ingredients:

- 1 x Macro friendly pastry recipe.
- 2 Egg whites (70g).
- 1x Pealed butternut squash (430g).
- 30g Vanilla casein protein.
- 1 Teaspoon cinnamon.
- 1 Teaspoon ground nutmeg.
- 8g Stevia.

Method:

- Use the macro friendly pastry to line a pie baking dish or skillet.
- Bake in the oven for 10-15 minutes at 150°C or until golden and crispy (leave the oven switched on).
- Peel and chop the butternut squash into cubes and steam (you can do this in the microwave by adding it to a bowl with a little water and sealing the bowl with clingfilm, microwave full power for 5 minutes).
- Blitz the cooked squash in a food processor until smooth and then add the casein, egg whites, stevia and cinnamon.
- Pour the batter into the cooked pastry case and sprinkle the nutmeg across the top.
- Place back into the oven and bake for 30 minutes or until browned slightly across the top.
- Allow to cool completely and chill in the refrigerator before slicing.



Mississippi mud pie.



Here's another use for Macro friendly pastry. By using a couple of simple techniques this ends up looking a lot fancier than it actually is. It also doesn't take too much effort because it sets in the fridge.

Per Serving: (1/8)

Calories:110

Fat:3g

Carbs:11g

Protein:8g



Ingredients:

- 1 x Macro friendly pastry recipe.
- 100g Extra light cream cheese.
- 300g Greek yogurt.
- 30g Cocoa powder.
- Stevia 5g.
- 1 Sachet powdered gelatin 7g.
- 20mls Boiling water.

Topping:

- 5g Casein.
- 5g Cocoa powder.
- Splash of almond milk (10mls).

Method:

- Use the macro friendly pastry to line a pie baking dish or skillet.
- Bake in the oven for 10-15 minutes at 150°C or until golden and crispy, remove from the oven and allow to cool.
- While it's baking, add the gelatin to a small cup, add the boiling water stir for 5 minutes or until gelatin is completely dissolved.
- Add the cream cheese, Greek yogurt, cocoa powder, and stevia to a bowl and mix well to combine.
- Add the melted gelatin and mix well again to combine everything. Pour into the pie crust.
- For the topping add the casein, cocoa, and milk to a bowl and stir well to combine. Add the mixture to a piping bag.
- Pipe lines across the top of the cake and to create a pattern, lightly drag a toothpick up and down the surface, changing direction each time.
- Put the cake in the fridge to set for at least 2 hours.



Peanut butter, chocolate chip cookies.



If I'm being honest these were actually a byproduct of the testing phase of the ultimate protein cookie recipe. But I was absolutely blown away with how good they were so I just had to include them as well.

Per cookie:

Calories: 118

Fat: 8g

Carbs: 3g

Protein: 7 g



Ingredients:

- 50g Smooth peanut butter.
- 50g Vanilla flavour whey.
- 15g Dark chocolate chips.
- 15g Salted, roasted peanuts.
- 5g Stevia.
- Splash of almond milk (5mls).

Method:

- Preheat the oven to 150°C/300°F.
- Add the peanut butter, stevia and whey to a bowl and mix well to combine.
- Slowly add the almond milk and mix to form a stiff dough. If it looks too dry add a little more almond milk, or it looks too wet add a little more whey.
- Add 6 even spoonfuls of the dough to a sheet of baking paper, flatten out into discs and top evenly with the chocolate chips and whole peanuts.
- Bake for 10 minutes or until just golden around the edges.



Apple pie baked oats.



This recipe gives a legit apple pie flavour without much effort. All the elements are there: the crunch, warm apples and cinnamon. Its pretty much a make and bake and you'll still be getting a nice 25g hit of protein per serving.

Per serving:

Calories: 382

Fat: 6g

Carbs: 54g

Protein: 25g



Ingredients:

- 130g Oats.
- 3 Green apples (240g).
- 30g Vanilla flavour whey.
- 3 Egg whites (100g).
- 5g Stevia.
- 100mls Almond milk.
- 1 Teaspoon cinnamon.

Method:

- Preheat the oven to 180°C/350°F.
- Chop the apples and add them to the bottom an oven proof dish.
- In a separate bowl add the oats, egg whites, whey, Stevia and the almond milk and stir really well to combine.
- Sprinkle the teaspoon of cinnamon over the top before baking in the oven for 20 minutes.
- Serving with ice cream is highly encouraged.



Whoopie pies.

Like miniature, dense, chocolate cakes sandwiched between a creamy filling. These are ridiculously good and pretty quick to throw together.

Per serving:

Calories: 384

Fat: 19g

Carbs: 12g

Protein: 36g



Ingredients:

- 50g Chocolate flavour whey.
- 20g Cocoa powder.
- 30g Apple sauce.
- 1 Egg white (30g).
- 5g Stevia.
- 50g Light butter spread.
- 1/2 Teaspoon baking powder.

Method:

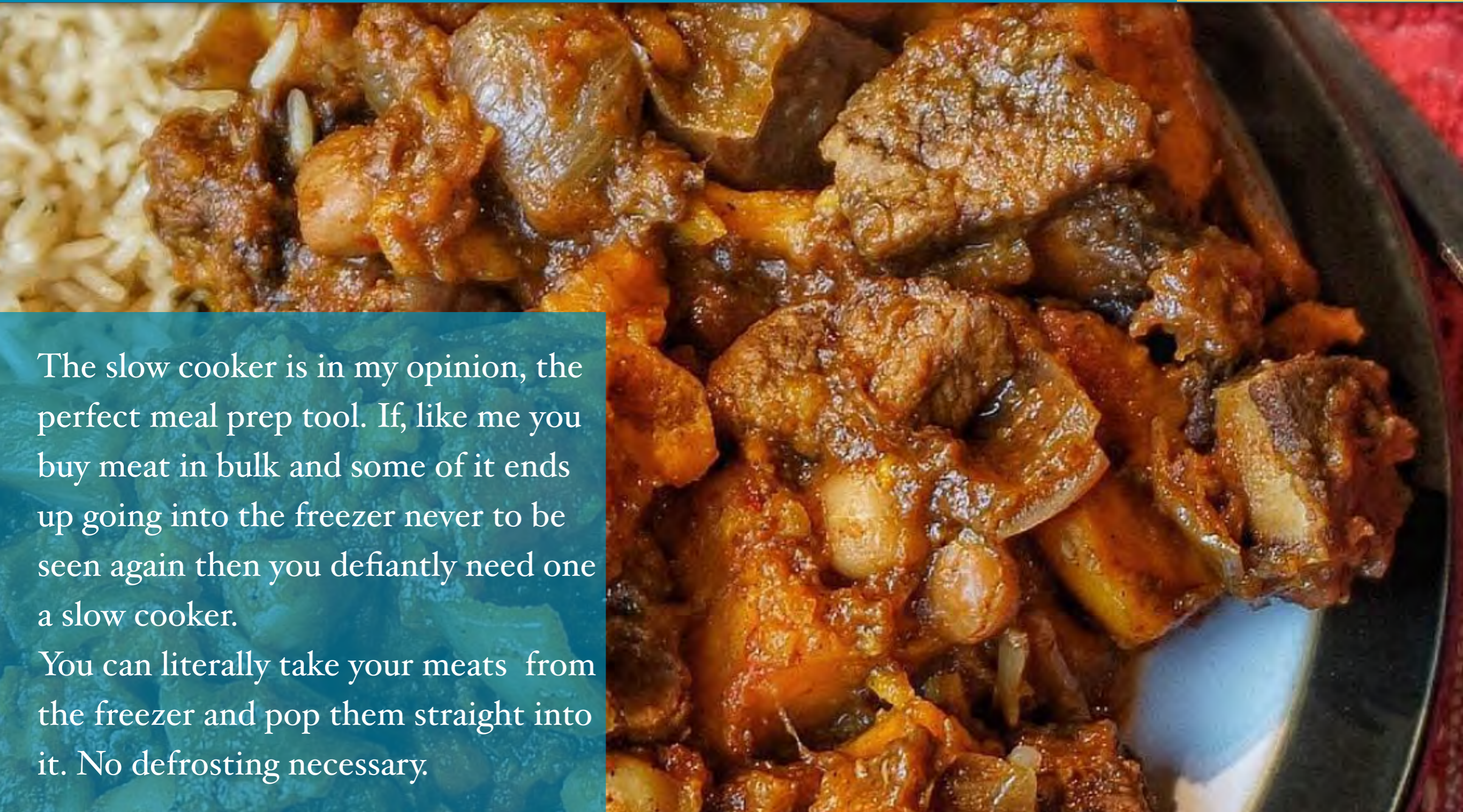
- Preheat the oven to 180°C/350°F.
- Add all the ingredients for the pies to a bowl and mix really well to combine.
- Add 4 equal size spoonfuls of the dough to a lined baking tray.
- Bake for 10-12 minutes, ensure these don't over bake or they will dry out very quickly.
- Remove them from the oven and allow them to cool completely.
- Add all the ingredients for the filling to a bowl and mix well.
- Add a rounded tablespoon of the filling to the flat sides of half of each cake and top with remaining cakes.

Filling:

- 200g Greek yogurt.
- 5g Casein.
- 5g Stevia.



Chapter 3. Slow cooker recipes.



The slow cooker is in my opinion, the perfect meal prep tool. If, like me you buy meat in bulk and some of it ends up going into the freezer never to be seen again then you defiantly need one a slow cooker.

You can literally take your meats from the freezer and pop them straight into it. No defrosting necessary.

The slow cooker:

Why own one?

If, like me you always buy your meats in bulk then you might find yourself in a race to cook them before they hit their sell by date.

This usually ends in one of two ways: The bin or the freezer.

The freezer is a good option but the hassle of defrosting, checking if its thawed and then cooking usually puts me off the idea of using it at all and eventually I loose track of how long the meat has been in there and the bin is inevitable...

This is where the slow cooker comes in:

You can actually take meat from the freezer and pop it straight into the slow cooker, no defrosting, no hassle.

My favorite time saving method is to add all the ingredients the night before, remove the ceramic bowl from the slow cooker and pop it in the fridge. The next morning its a simple case of putting the bowl back into the slow cooker and turning it on before I'm out the door for work. 8 Hours later and its ready to eat.

Very little work for very tasty, macro friendly food.



Note:

You absolutely do not need a slow cooker to make these recipes,

They will work on a pot, on the stove but results may vary.

Beltsander biriyani.



Dating back to 1398 biriyani is believed to be the war campaign diet of Timur's army, an earthen pot full of rice, spices and meat would be buried in a hot pit, before being eventually dug up and served to the warriors.

Luckily you won't need to dig a hot pit in your garden because the slow cooker does an excellent job of replicating this cooking method.

Per serving (makes 2):

Calories: 624

Fat: 8g

Carbs: 103g

Protein: 40g



Ingredients:

- 2 Chicken fillets (360g).
- 2 Large white onions.
- 1 Teaspoon garlic powder.
- 1/2 Teaspoon chilli powder.
- 2 Tablespoons Mango chutney.
- 1 Teaspoon cumin.
- 1 Teaspoon ginger paste (or a thumb-size piece of fresh ginger, peeled and finely chopped).
- 2 Teaspoons curry powder.
- 2 packets of microwave rice (2x 250g).
- 1 Chicken stock cube.
- 200mls boiling water.
- 20g Fresh coriander (optional).

Method:

- Chop the onions and add them to the slow cooker.
- Add all the spices and the chutney.
- Crumble in the stock cube, add the chicken fillets and the boiling water.
- Cook on low for at least 8 hours.
- Remove the lid, stir in the rice and cook on high for at least another 20 minutes to allow the biriyani to thicken.
- Serve with a scattering of the chopped coriander.



Barbecue pulled pork and apple slaw.



Traditional barbecue pork is coated in dry rub and smoked for several hours. This recipe still uses a dry rub but the slow cooker ends up doing most of the work. By using pork chops and then trimming as much fat as possible you can cut down the calories.

Per Portion: (makes 2)

Calories: 308

Fat:8g

Carbs:24g

Protein:37g



Ingredients:

- 2 Pork chops.
(200g after trimming).
- 1 Chicken stock cube.
- 200mls Boiling water.

Dry rub:

- 2 Teaspoons paprika.
- 1 Teaspoon cayenne pepper.
- 1 Teaspoon salt.
- 1 Teaspoon pepper.
- 1 Teaspoon dried basil.
- 1 Teaspoon garlic powder.

Apple slaw:

- 80g Apple.
- 120g Carrot.
- 80g Red onion.
- 100g Red or white cabbage.
- 80g 0% Fat Greek yogurt.
- 5mls vinegar.

Method:

- Trim as much fat off the pork chops as possible and chop into strips.
- Mix the ingredients for the dry rub together and apply it to the pork, ensuring its completely covered.
- Dissolve the stock cube in the boiling water and pour it into the slow cooker.
- Put the pork into the slow cooker and cook on low for at least 8 hours.
- Remove the pork and use two fork to shred the meat, then return it to the slow cooker to soak until serving.

Apple slaw:

- Finely slice all the veg or use a food processor or box grater, then de-seed and finely slice the apple.
- Add the Greek yogurt and the vinegar. Mix everything together.



Beef and sweet potato tagine.



Originating in Morocco, The tagine gets its name from the clay pots which they're traditionally cooked in for hours. The slow cooker does an amazing job of replicating this.

Per Portion: (makes 2)

Calories: 707

Fat: 9g

Carbs: 90g

Protein: 60g



Ingredients:

- 400g Lean beef steak.
- 1 Can of chickpeas (400g).
- 1 Can of chopped tomatoes (400g).
- 2 Red onions (200g).
- 2 Sweet potatoes (360g).
- 100g Dried prunes.
- 1 Teaspoon cinnamon.
- 2 Teaspoons Ras El Hanout spice mix.
- 1 Teaspoon Paprika.

Method:

- Chop the beef steak into cubes and add to the slow cooker.
- Open and drain the chickpeas and add them to the slow cooker. Chop the prunes and add them as well.
- Peel and chop the sweet potatoes into cubes and add them along with all the remaining ingredients.
- Cook on low for at least 8 hours and serve with rice.



Red lentil Dahl.



Tasty, very filling and packing 27g protein.

Not to mention lentils are a seriously cheap form of plant based protein.

Per Portion: (makes 2)

Calories: 483

Fat: 7g

Carbs: 90g

Protein: 27g



Ingredients:

- 200g Dry red lentils.
- 1 Vegetable stock cube.
- 1 Can of chopped tomatoes (400g).
- 450mls water.
- 2 Red Onions (160g).
- 1 Teaspoon turmeric.
- 2 Teaspoons curry powder.
- A thumb sized piece of root ginger. (20g)
- 1 Teaspoon garlic powder.
- 1 Teaspoon cumin.
- 1 Teaspoon chilli powder (optional).
- Handful of fresh coriander (optional).

Method:

- Finely grate the ginger.
- Add it to the slow cooker along with the lentils, onion, tomatoes, and all the remaining spices.
- Dissolve the stock cube in the boiling water and pour it into the slow cooker.
- Cook on low for at least 8 hours.
- Severe with some chopped coriander (also goes well with yogurt).



Thai chicken noodle soup.



Okay, so this one has got quite a long ingredients list but each ingredient is absolutely necessary and for very little effort you'll end up with something that tastes genuinely incredible and very macro friendly.

Per serving: (makes 2)

Calories: 561

Fat: 20g

Carbs: 42g

Protein: 50g



Ingredients:

- 2 Chicken fillets (360g).
- 1 Can of light coconut milk (400g).
- 60g Red Thai curry paste.
- 2 Tablespoons fresh lime juice (or the juice from 1 lime).
- 1 Teaspoon turmeric.
- 2 Tablespoons fish sauce.
- 1 Thumb sized piece of ginger finely chopped (20g).
- 3 Tablespoons soy sauce.
- 2 cloves of garlic.
- 1 Bell pepper (80g).
- 500mls chicken stock (a stock cube is fine).
- 1 stem lemon grass stalk, pale section only.
- Spring onions (60g).
- 2 Nests of noodles (100g).

Method:

- Chop the ginger, Lemon grass, garlic, pepper, spring onions and add them to the slow cooker.
- Add all the remaining ingredients apart from the noodles and cook on low for at least 8 hours.
- Remove chicken from the slowcooker and shred with two forks. Return to pot. Add the rice noodles, cook for 30 more minutes and serve.



Slow cooker chicken mole.



Chocolate, chili and chicken isn't a combination that'll appeal to everyone but a good mole is a thing of beauty and its defiantly worth trying.

The slow cooking process does a really good job of bringing the flavours together.

Per Serving:

Calories:499

Fat:19g

Carbs:38g

Protein:44g



Ingredients:

- 1 Chicken fillet (130g).
- 1 Can of chopped tomatoes (400g) .
- 1 Teaspoon cumin.
- 1/2 Teaspoon cinnamon.
- 1/2 Teaspoon chili powder.
- 3 Cloves of garlic.
- 1 medium yellow onion (80g).
- 16g Tablespoon smooth peanut butter.
- 30g Cocoa powder.
- 20g Sultanas or raisins.

Method:

- Add the chicken fillets to the slow cooker.
- Take all the remaining ingredients, add them to a food processor and blitz until smooth.
- Pour the contents of the blender into the slow cooker, covering the chicken fillet completely.
- Cook on low for at least 8 hours.
- Remove chicken from the slow cooker and shred with two forks.
- If the sauce seems too thin after cooking, remove the lid and cook on high until it thickens up.
- Serve with rice and veggies.



Slow cooker caramel sauce.



This is really simple to make and goes with just about everything, so simple in fact that its really just 1 ingredient. It'll make a massive batch that lasts for ages.

Per Tablespoon (16g):

Calories:30

Fat:0g

Carbs:6.5g

Protein:1g



Ingredients:

- 1 x 400g can of light sweetened condensed milk (I use carnation brand).
- 200mls water.

Method:

- Place the unopened can in the slow cooker and add enough water to cover the whole can.
- Cook on high for at least 8 hours.
- Carefully remove the can from the slow cooker and allow it to cool completely.
- Open the can and pour the contents into a bowl. It should look very thick and solid, think of it as being a concentrated version of the sauce. (see image below)
- Add the 200mls of water and whisk with an electric hand whisk until smooth.
- Pour it into a container and store in the fridge. Sauce for days...

Note: If you are going to make this in a pot on the stove you will need to constantly check the water level and top up as necessary.



Chapter 4. Drinks.



For the first time I've decided to include a drinks section. If coffee shop indulgences happen to be your thing, then this is the section for you.



Protein eggnog.



Traditional eggnog although delicious takes quite a bit of effort to make and is pretty calorie dense.

This on the other hand is also delicious, takes a minute to make a whole batch, tastes authentic and the macros:

Per Serving:

Calories:104

Fat:2g

Carbs:3g

Protein:19g



Ingredients:

- 100ml Almond milk.
- 1/4 Teaspoon Cinnamon.
- 30g Vanilla Pure Whey Protein.
- 10g Maple Zero Calorie Syrup.
- Handful of ice cubes.
- 5g Stevia.
- 300mls Pasturised egg whites.

Method:

- Add all the ingredients to a blender
- Blitz for about a minute. Liquid egg whites are pasteurized so they're perfectly safe to drink without being cooked.
- Drink as is or add a splash of rum. Or a lot of rum..... Or enough rum to blind a small pirate, the choice is yours...



Pumpkin spice Frappuccino.



This is a seasonal favorite that's a big weakness for many people due to the fact it's only available for a limited time....

But now you can enjoy them year-round with macros to fit any budget.

Per frapp:

Calories: 132

Fat: 6g

Carbs: 9g

Protein: 11g

vs Starbucks:

Calories: 360

Fat: 15g

Carbs: 47g

Protein: 11g



Ingredients:

- 100g Pumpkin puree (homemade or store bought).
- 100mls unsweetened almond milk.
- 1-2 Teaspoons instant coffee granulates.
- 15g Whey protein powder (preferably vanilla).
- 20 Light spray cream.
- 1/2 Teaspoon cinnamon.
- 1/4 Teaspoon nutmeg.
- Sweetener to taste (I use stevia).
- 2 Big handfuls of ice.
- 20mls boiling water.

Method:

- Add the coffee to the boiling water and mix until its all dissolved.
- Along with the coffee add all the ingredients to a blender except the whipped cream and blitz until smooth, if it looks a little thin simply add a little more ice to thicken it.
- Pour into a cup and add the cream and a final shake of cinnamon.



Mocha frappuchino.



If you're a mocha lover than you'll really appreciate this one.

Chocolate sauce, ice coffee, whipped cream all the essential elements are included.

Per frapp:
Calories:222
Fat: 10g
Carbs:10g
Protein:22g

vs Starbucks:
Calories:410
Fat: 15g
Carbs: 65g
Protein:5g



Ingredients:

- 25g Chocolate flavour whey.
- Handful of ice cubes.
- 10g Cocoa powder.
- 5g Stevia.
- 200mls Almond milk.
- 200mls Boiling water.
- 1-2 Teaspoons instant coffee granulates.

Method:

- Mix the 200mls boiling water with the coffee granules.
- In a blender add all the other ingredients and blend for 2-3 minutes, if it looks to thin add another handful of ice to thicken it.
- Pour the sauce around the outside of the cup and then add the contents of the blender.
- Top with whipped cream and enjoy.

Sauce:

- 10g cocoa powder.
 - 10g vanilla casein.
- 20mls almond milk.

Topping:

- 30g Light canned whipped cream.



6 calorie ice tea.



Traditional ice tea comes with massive amounts of sugar but this one packs only 7 calories per glass and still manages to taste damn good.

Per glass: (makes 2)

Calories:6

Fat:0g

Carbs:1.5g

Protein:0g



Ingredients:

- 3 large tea bags.
- 15g Stevia.
- 1 Lemon (or 2 tablespoons lemon juice).
- 250mls Boiling water.
- 750mls Cold water.
- Handful of ice cubes.

Method:

- Add the 3 tea bags to a large jug or bottle, add the boiling water, steep for 10 minutes and then remove the tea bags.
- Chop the lemon into slices.
- Add the stevia, cold water and lemon to the jug and leave it in the fridge to chill.
- Serve with ice cubes.



Peanut butter, protein hot chocolate.



Thick, creamy and luxurious this is like next level hot chocolate with added protein and very few carbs.

Per mug:

Calories:277

Fat:17g

Carbs:3g

Protein:22g



Ingredients:

- 25g Chocolate flavour whey.
- 20g Smooth peanut butter.
- 20g Cocoa powder.
- 5g Stevia.
- 400mls Almond milk.

Method:

- Add the peanut butter to a mug and microwave for 30 seconds to soften it.
- Add the cocoa powder, whey and stevia and stir well to form a paste.
- Microwave again for a further 30 seconds and stir very well, his step is critical to ensure lump free hot chocolate.
- Pour in the almond milk and stir well.
- Microwave again for a final minute, stir again really well before serving.



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Note: All the recipes in this book were made with and macros calculated using Bulk Powders supplements and Dublin meat Co meats.



Savoury:

Sweet:

Slow cooker:

Drinks:

7 25272 73070 6



7 25272 73065 2



7 25272 73023 2



7 25272 73044 7



7 25754 73079 8



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7 25272 73024 9



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7 25272 73021 8



7 25272 73032 4



Thank you for your support...

If you do decide to post a recipe please use the #beltsanderrecipes hashtag and feel free to tag me in your post so I can see all your creations.

I love hearing from people so let me know what you think, any feedback (good or bad) is more than welcome, you could swing by my website or you can find me at my usual hangouts:



If you enjoyed this book, consider picking up a copy of my first book, it contains a straightforward guide on IIFYM (if it fits your macros), how to figure out your daily requirements and how to go about tracking them.

It also has 29 delicious, simple, macro friendly recipes, using easy to source ingredients with all the nutritional information and macro breakdown for each meal displayed. There's ideas for breakfast, entrees and desserts.

I've even included a step by step guide to diet friendly pizza and pie making and some macro friendly salad dressings. dressings to put an end to boring ass salads.



**The Beltsander's
Cookbook
and guide to IIFYM**



If you'd like to complete the trilogy, I also have a second book,

The Beltsander's Cookbook Vol 2:

It includes 34 delicious new recipes in total (80 pages) including a new Take on the takeaway chapter in which some Takeaway / Fast-food favourites, Subway, Panda express, KFC and even Cinnabon will be given a macro friendly makeover.

All simple to make, macro friendly recipes using easy to source ingredients with the nutritional information and macro breakdown for each meal displayed.

And theres also a combo deal up on my website for those who might want to buy both books and save on the price:

