



The Beltsander's Cookbook and guide to IIFYM



The Beltsander



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Welcome to The Beltsander's cookbook.

I would like to start by extending a massive thank you to you for purchasing my eBook, It's not something that I ever thought I would end up creating and if it weren't for the support of the online community (mainly Instagram) I would certainly not have done it.

The book is split into two sections:

- The first section is a rough guide to IIFYM (if it fits your macros), macros (macronutrients), how to calculate your daily needs and how to track them. If you're already familiar with this, or have no interest in IIFYM, feel free to ignore this section. I just felt it was necessary to give a brief guide for anyone looking for an explanation.
- The second section is the recipes. Whether you decide to follow the IIFYM system or not, you'll find plenty of healthy and nutritious recipes and traditional favorites that have been given an overhaul to make them more diet friendly.

Disclaimer:

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



Thanks again and enjoy:

The Beltsander.



Chapter 1:

What is IIFYM / Flexible dieting?

IIFYM, (if it fits your macros) or flexible dieting, is a method of dieting that revolves around meeting daily macro nutritional intake targets, and not on what you eat to get there.

Basically you plan your daily meals to provide you with targets for protein, carbohydrate and fat, based on your goal (lose fat or build muscle). It's essentially an advanced form of calorie counting:

Its a system that restricts calories rather than foods.

“Be a strict dieter not a restricted one”



IIFYM explanation:

A brief guide to tracking macros

IIFYM is founded on the principle that a calorie is simply a unit of energy. Whatever source that calorie comes from has no bearing on body composition.

This renders the idea that certain foods are “unhealthy”, “clean” or “dirty” irrelevant. Food is food. You will gain weight eating “clean” foods if your overall caloric intake exceeds the daily amount of calories your body requires. Similarly, you will lose weight eating “dirty” or “unhealthy” food if the total calories you consume are below that of your maintenance level.

Think of it simply as calories in vs calories out.

One pound of fat is generally considered to be 3500 calories.

Lets say, you need 2000 calories per day to maintain your current weight and you eat 1500 per day, you will be in a deficit of 500kcal per day.

$500 \times 7 \text{ days} = 3500\text{kcal}$ so you will in theory be loosing one pound of fat per week.

Maintance calories:

The number of calories your body requires to maintain your current weight.





What is a macro:

Macros (short for macronutrients) are nutrients that provide calories or energy.

Nutrients are substances needed for growth, metabolism and other bodily functions.

There are three macronutrients:

- **Fats:** provide 9 calories per gram.
- **Carbs:** provide 4 calories per gram.
- **Protein:** provide 4 calories per gram.

It's said that while calorie balance determines whether weight is gained or lost, the macro split determines whether that loss will be from fat or from muscle.

What is bulking and cutting?

Bulking: Bulking is basically a period of time spent eating above maintenance calories. The goal is build muscle, gain strength and increase weight.

Cutting: Cutting is a period of time spent eating below maintenance calories or increasing caloric expenditure to create a caloric deficit. The goal is to get leaner, lose weight and drop body fat.

Maintain: Maintaining is a period of time spent eating at caloric maintenance, neither gaining nor losing weight.

Protein:

Protein is vital for growth and recovery. If you're cutting it will reserve lean muscle tissue and keep you satiated for longer. If your bulking it will provide you with the basic building blocks of muscle, helping you get bigger and stronger, if your cutting its role is vital to retaining muscle.

Carbohydrates:

Carbs are the one macro that we can live without, They do however fuel us throughout workouts and replace muscle glycogen. When an individual wishes to cut, they will generally focus on lowering their carb intake. Think, that putting carbs into your body is similar to putting petrol in your car.

Fibre:

Fibre is a classification of carbohydrate, it helps your digestive system to process food and absorb nutrients. It is vital to maintain a healthy digestive system and regulate bowel movement. So no matter how low carb you intend to go, you should still ensure that your getting an adequate amount of fibre.

Fat:

There is some fear out there about fat and how our body uses it. It seems the name "Fat" can be a bit off putting. Dietary fat is important for regular hormonal function, especially testosterone production. If you drop your fat intake too low some noticeable changes will be: Irritability, a drop in libido and fatigue.

As fat is the most calorically dense of all the macros it the easiest to reduce in order to lower caloric intake and lose weight However you should never try to eliminate it from your diet entirely.

Alcohol:

Alcohol is unique. While it does contain calories (1g=7kcal)). It gives us energy but without of any of the benefits associated with the other macronutrients. It goes without saying its best to limit your intake (it's not necessary to avoid entirely of course, just limit it



So how many calories do you need?

The first step is to calculate your BMR.

Basal Metabolic Rate (BMR): is basically the number of calories you'd burn if you stayed in bed all day.

The amount of calories your body needs to maintain its current weight without any additional expenditure

There are a few different formulas to help calculate this but the Harris Benedict equation seems to be the most popular:

The Harris-Benedict equation for BMR:

Women: $655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men: $66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Next you need to add an 'activity multiplier' to your BMR depending on your lifestyle/training.

- Sedentary (little or no exercise): BMR x 1.2
- Lightly active (easy exercise/sports 1-3 days/week): BMR x 1.375
- Moderately active (moderate exercise/sports 3-5 days/week): BMR x 1.55
- Very active (hard exercise/sports 6-7 days a week): BMR x 1.725
- Extremely active (very hard exercise/sports and physical job): BMR x 1.9

This means that, for example two males with the same height and weight can have completely different caloric needs if lets say: male (A) works out five days a week and works a physical job. But male (B) only works out three days a week and has a desk job.

Male (A) will need a higher intake of calories to maintain his current weight.



Macro split:

Now that you have a figure that roughly represents your daily caloric needs, you will need to determine the macro split for those calories to fall into.

1 Protein:

Take your bodyweight in pounds. This roughly is the number of grams of protein you'll need eat per day.

Weigh 180 pounds? That's 180 grams per day. Weigh 200 pounds? That's 200 grams of protein.

2 Fat:

You'll need roughly between 0.3 and 0.6 grams of fat per pound of bodyweight.

This should be largely based off personal preference, provided you're hitting a minimum of 0.3g, you're okay.

3 Carbs:

Should make up any remaining calories. Think of carbs as balancing the equation. The difference between cutting and bulking will be most noticeable with this macro number.

So lets assume for example your maintenance calories are 2000, and you weigh 200lbs.

Your protein goal will be: 200g

Your fat goal will be between: 60g - 120g (for example: 80g)

Your carb goal will be Any remaining calories

The above is of only a rough guide or starting point, it will require a bit of trial and error to decide what works for you personally.

This example:

Protein 4kcal per gram x 200g = 800kcal

Fat 9kcal per gram x 80g = 720kcal

800 (Protein) + 720 (Fat) - 2000 (maintenance) = 480 ÷ 4 = 120g

Carbs 4kcal per gram x 120g = 480kcal





To Cut:

Lets assume you aim to lose one lb per week.
 Its generally not advised to drop protein for reasons already outlined, so the deficit needed to lose weight will likely come in the form of a drop in fat, carbs or both.

Example:

One lb = 3500kcal ÷ 7 (days) = 500kcal per day
 Maintance= 2000kcal P200/F80/C120
 Cutting macros= 1500kcal P200/F65/C29
 $(200 \times 4) + (65 \times 9) = 1385 - 1500 = 115 \div 4 = 29$



To Bulk

Bulking is a much slower process and the calorie increase should reflect that. Again you should aim to mostly use your carbs to balance the equation. For this example lets add 500 calories per day:

Example:

Maintance= 2000kcal P200/F80/C120
 Bulking macros = 2500kcal P200/F80/C245
 $(200 \times 4) + (80 \times 9) = 1520 - 2500 = 980 \div 4 = 245$



Tracking:

How do you insure you hit your macros?

There are several apps/websites out there that offer a means of tracking your daily food intake and macro intake:

- www.MyFitnesspal.com
- www.CalorieKing.com
- www.FitDay.com

The most popular and my personal favorite is My Fitness Pal.

It allows the user to enter the name of the food or scan the barcode to find the item in a large database of products and foods, or select foods from a list of most frequently eaten foods. It will then give you the calorie content and macro breakdown for each item.

Weighing your food:

Weighing food can seem a bit excessive at first, but over time you will get better at being able to judge the amount of food you're eating and eventually you can eyeball it. But I would at first suggest staying consistent with the scale.

Log every single thing you eat at your online resource from above.

This will give you a good indication of how close you are getting to hitting your macros.

Most people tend to use a digital scale for better accuracy.

“So thats it?”

Just hit my daily macros and I'm golden?

Not quite...

Its is still highly recommended that you're taking in at least 5 portions of fruit and veg per day. This will help ensure that getting the minerals and vitamins your body also requires.

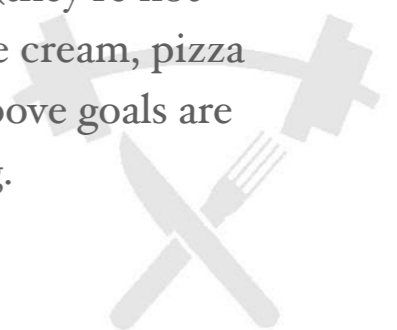
This is where in my opinion, there seems to be some confusion with the IIFYM system. It is not a license to eat as much junk and processed food as you like.

That said, if you:

- Hit your protein target
- Hit your fat target
- Hit your carb target
- Hit your fibre target
- And make sure you reach your quota for fruit and veg for the day...

Any remaining calories/macros are fair game. Do with them as you please.

You name it, go nuts. If pop tarts are your thing (they're not mine) then eat a whole box, provided they fit. Ice cream, pizza whatever floats your boat. Just ensure that the above goals are being met and you're closely tracking everything.



Chapter 2: Breakfast.



Protein Pancakes.



My personal favorite toppings are low fat ice cream, yogurts and stewed fruit. This example was topped with 100g microwaved blueberries.

Per serving (whole stack):

Calories: 354

Fat: 3g

Carbs: 49g

Protein: 35g



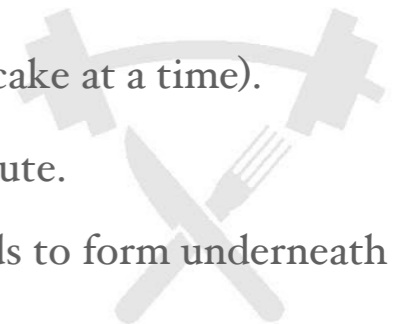
Ingredients:

- 25g Whey protein powder.
- 60g Self raising flour (can be subbed for ground oats if you prefer).
- 2 Egg whites (70g).
- 1 Teaspoon baking powder.
- Enough milk to form a thick batter (you can use almond, soya, low fat or regular milk I always use unsweetened almond as it carries slightly less calories).
- Sweetener of choice. (I use stevia as it's practically zero calories).
- Cooking oil spray.

Optional: Vanilla extract.

Method:

- Put a large frying pan on a low to medium heat (when cooking with protein its always best do it slow and low as it tends to burn easily).
- Mix the dry ingredients in a bowl first.
- Making a well in the middle add the egg whites and the vanilla extract and mix.
- Slowly add the milk a little at a time until you have a thick batter. (if you rather thinner pancakes, add more milk)
- Spray the pan with cooking oil.
- Drop spoonfuls of the batter into the hot pan (if you have a large frying pan you should be able to fry more then one pancake at a time).
- When you see bubbles start to form on the top, carefully flip each pancake over and allow to cook for about another minute.
- Transfer the cooked pancakes to a plate with some kitchen paper under them to allow it to soak up any moister that tends to form underneath them (Don't stack them straight away if their still hot otherwise they tend to get soggy).



Sweet Potato Pancakes.



Thicker, denser versions of regular protein pancakes. They take a little longer to cook and will need to be cooked at a lower temperature. These are very filling.

Per serving:

Calories: 421&

Fat: 3g

Carbs: 62g

Protein: 35g



Ingredients:

- 25g Whey protein powder.
- 50g Self raising flour (can be subbed for ground oats if you prefer).
- 100g baked mashed sweet potato (I cut mine in half and microwave them for about 5 minutes, then scoop the insides out and mash with a fork).
- 2 Egg whites (70g).
- 1 Teaspoon baking powder.
- Enough milk to form a thick batter.
- Sweetener of choice. (I use stevia as it's practically zero calories).
- Cooking oil spray.
- Optional: Vanilla extract, 1 teaspoon of cinnamon.

Method:

- Put a large frying pan on a low heat, these take a lot longer to cook and the slower you fry them, the better.
- Mix the dry ingredients in a bowl first.
- Making a well in the middle add the egg whites, vanilla extract and the mashed sweet potato and mix.
- Slowly add the milk a little at a time until you have a thick batter. (if you rather thinner pancakes, add more milk).
- Spray the pan with cooking oil and drop spoonfuls of the batter into the hot pan (if you have a large frying pan you should be able to fry more than one pancake at a time).
- When you see bubbles start to form on the top, carefully flip each pancake over and allow to cook for about another minute. Note that sweet potato pancakes will need slightly longer to cook as the batter tends to be a lot thicker than regular pancakes.
- Transfer the cooked pancakes to a plate with some kitchen paper under them to allow it to soak up any moisture that tends to form underneath them.

Baked Raspberry Oats.



My favorite way to have oats is to bake them, they puff up quite nicely like a cross between oats and a cake. Very simple to make and can be prepped early and stored in the fridge. You can add whey or casein to it for extra protein (baked proats).

Without the jam or ice-cream:

Calories: 659

Fat: 13g

Carbs: 98g

Protein: 37g



Ingredients:

- 60g ground oats (If you don't have ground oats such as ready break, add oats to a blender and pulse until they resemble flour).
- 100g any oats, quick cook, steel cut, whichever you have.
- 200 ml boiling water.
- 2 Egg whites (70g).
- 1 Teaspoon baking soda.
- 125g fresh raspberries.
- Sweetener of choice. (I use stevia as it's practically zero calories).
- 100g 0% fat Greek yogurt.

Method:

Preheat the oven to 200°C (390°F).

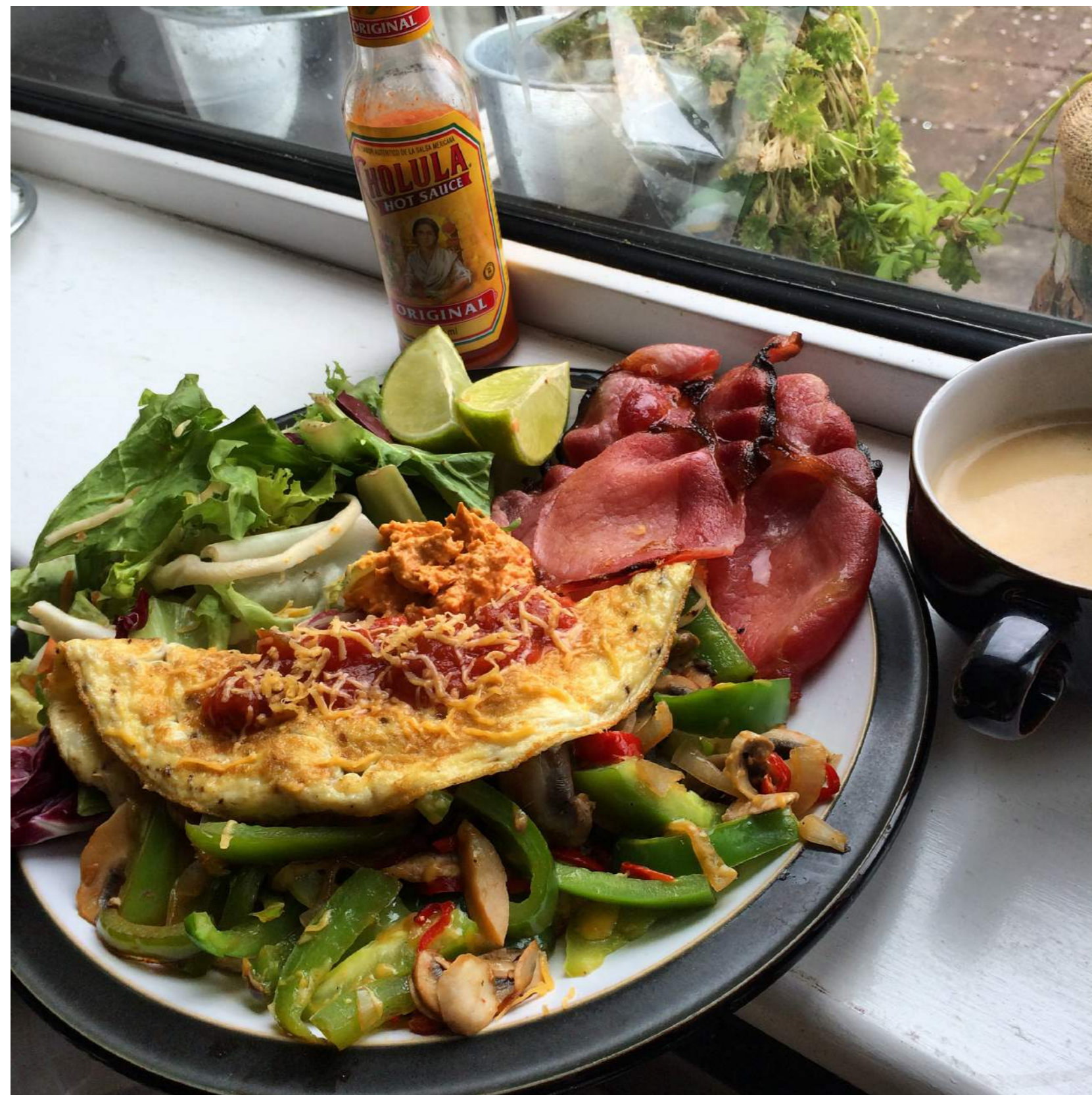
- Mix the ground oats, whole oats, baking soda, and sweetener together in a bowl.
- Add the 0% Greek yogurt and boiling water and mix. leave the mixture to sit for at least 15 minutes (this gives the oats a chance to puff up and absorb the water).
- Add half the raspberries and both the egg whites and mix.
- Pour the mixture into a baking dish and place on the top shelf in the oven for 20-30 minutes until the top is golden.
- Top with your chosen topping and enjoy.

Variations:

- This example was topped with low fat ice cream and raspberry jam
- I also like this with a layer of apples in the bottom of the dish and some raisins.
- Works well with chopped rhubarb and topped with custard



Mexican Omelette With Bacon.



A favorite for low carb rest days and highly adaptable. Works well with any veg or sides (hash browns, sausages, baked beans)

Macros for just the omelet & bacon:

Calories: 412

Fat: 21g

Carbs: 28g

Protein: 43g



Ingredients:

- 3 egg whites (95g).
- 1 Whole egg.
- Grated cheddar cheese (15g).
- 100g washed Mushrooms.
- 1 large Bell pepper.
- 3 Strips of bacon.
- 30g salsa (shop bought).
- 30g Shallots (can substitute for red onions).
- 1 Red chili pepper, chopped and deseeded .
- 1 clove of garlic, peeled and finely diced.
- Cooking oil spray.

Method:

- Put a large frying pan on a medium heat, Chop the mushrooms, shallots, chili and bell peppers, add them to the pan and cook until softened, transfer them to a bowl, return the pan to a low heat and put the bacon in to grill (broil) until crispy.
- Crack the whole egg into a bowl and add the two egg whites, season with salt and pepper and lightly beat to combine, Spray the pan with cooking oil and pour the eggs into the pan.
- Let them stand over heat a few seconds to lightly brown bottom of omelet. try not to overcook (omelets will continue to cook after folding). Drop the cooked vegetable mixture over half of omelet, top with half the cheese. With a spatula, fold other half of the omelet over vegetables. Allow it to cook for a few more seconds and gently slide out of the pan and onto plate.
- Top with the salsa, add the remaining cheese and serve with the bacon. (I highly recommend adding cholula hot sauce)



Low Carb Waffles.



Perfect for filling any gaps you may have in your protein intake without many fats or carbs. This recipe can also be used as a low carb pancake recipe but it is very good when cooked in a waffle maker.

Per 5 waffles:

Calories: 394

Fat: 4g

Carbs: 8g

Protein: 75g



Ingredients:

- 35g Casein protein powder.
- 35g Whey protein powder.
- 100g egg whites (about 3 eggs separated).
- 100g 0% greek yogurt.
- 50ml unsweetened almond milk.
- 1 teaspoon baking powder.
- Cooking oil spray.

Method:

- Switch on the waffle maker and allow it to get up to operating temperature. Mix the dry protein powders and baking powder in a bowl.
- Add the almond milk and mix until it forms a thick paste.
- Beat the egg whites until stiff and gently fold them into the other ingredients, avoid stirring them too vigorously to keep the air in them.
- Spray the waffle maker with cooking oil.
- Drop spoonfuls of the batter into the hot waffle maker and close the lid. If your waffle maker has a latch, leave this open as the waffles will rise very rapidly and will need the extra space.
- After a minute or two, lift the lid and check if the waffles have browned, if their done transfer them to a plate and repeat until all waffles are cooked.

Variations:

- This example was topped with blueberries and yogurt.
- Good with any fruits, full fat ice cream, peanut butter or jelly (jello).



Chapter 3: Entrees.



Chicken Fajita Salad And Guacamole.



One of my favorite rest day salads. Additional dressing isn't even necessary as the guacamole has enough flavor for the whole salad. I usually throw this together the night before and bring it to work the next day.

Per serving with guacamole

Calories: 499

Fat: 23g

Carbs: 26g

Protein: 50g



Ingredients:

- 1 Bag of mixed salad leaves.
- 100g Cucumber.
- 200g Chicken fillet.
- 2 Tablespoons paprika.

For the guacamole:

- 100g ripe avocado.
- Dry chili flakes.
- Garlic powder.
- 1 Lime.
- 30g greek yogurt.

Method:

- Put a frying pan on a medium to high heat and spray with cooking oil. Cover both sides of the chicken fillet in paprika and place into the hot pan.
- After a minute or two turn the fillet over and allow it to cook on other side. It will be pretty charred looking but thats how it should look, the charring really adds to the fajita flavor.
- When the chicken is browned on all sides transfer it to a bowl, allow it to sit for a few minutes before slicing into strips.
- Cut the avocado, remove the seed, scoop it into a bowl and mash with a fork.
- Cut the lime in half and squeeze the juice over the mashed avocado.
- Season with salt and pepper and add the garlic powder, dried chili flakes and mix it together with the Greek yogurt.
- Empty the salad leaves into a bowl, slice and add the cucumber. Top with the chicken and guacamole.



4 Kick-ass salad dressings for under 150kcal.

Honey mustard: 130kcal
Fat: 9g
Carbs: 11g
Protein: 1g

Thai spicy peanut: 134kcal
Fat: 9g
Carbs: 5g
Protein: 5g



Ranch: 145 kcal
Fat: 8g
Carbs: 8g
Protein: 9g

Blue cheese: 154kcal
Fat: 10g
Carbs: 3g
Protein: 11g

Honey mustard:

- 10g Honey.
- 30g Light mayonnaise.
- 20g Dijon or American mustard.
- 1/2 Teaspoon lemon juice.

Ranch:

- 30g Light mayonnaise.
- 80g Greek yogurt.
- 1/2 Teaspoon Garlic powder.
- 1/2 Teaspoon onion salt.
- 1 Teaspoon of chives.

Thai spicy peanut:

- 20g Smooth peanut butter.
- 1 Teaspoon of garlic powder.
- 1 Teaspoon of hot sauce.
- Enough boiling water to thin out the mixture.

Blue cheese:

- 25g Mashed blue cheese.
- 80g Greek yogurt.
- Black pepper.
- Salt.



Tortilla (Spanish Omelette)



This is a really filling meal for relatively few calories, just make sure you're using an oven proof frying pan or it'll melt the handle, like I once did.

Half the tortilla:

Calories: 620.

Fat: 29g

Carbs: 37g

Protein: 49g



Ingredients:

- 1 x 500g Carton of egg whites.
- 60g Sliced chorizo.
- 1 Chopped courgette (zucchini).
- 200g White potatoes.
- 40g Grated hard cheese.
- 1 Red onion.
- 2 Cloves of garlic crushed.
- Chopped parsley (optional).
- 1 Teaspoon of paprika.
- Spray oil.

Method:

- Pre heat the oven to 180°C (350°F).
- Chop the potatoes into thick cubes and chop the onion.
- Spray the oil into a large frying pan, add the potatoes, courgette chorizo and onion on a low heat and stew gently, for 30 minutes, stirring occasionally until the potatoes are softened.
- Add the eggs to a separate bowl, then stir in the cooked potatoes, chorizo, courgette and onions with the parsley, garlic, paprika and a good amount of salt and pepper. Tip everything back into the frying pan and cook on a moderate heat, using a spatula to shape the omelette.
- When almost set, sprinkle the grated cheese over the top, pick up the frying pan and put it straight into the hot oven.
- Bake in the oven for 45 minutes or until golden brown and hot, Then tip the pan upside down onto a plate and slice it up.



Chicken Noodle Satay



I mix the satay sauce in a pestle and mortar, but if you don't have one, a blender or food processor should do the trick.

Per serving:

Calories: 680.

Fat: 20g

Carbs: 42g

Protein: 76g



Ingredients:

- 1 nest of egg noodles (58g dry weight).
- 10 mls Soy sauce.
- 200g Chicken fillet.
- 1 Teaspoon of curry powder.
- 1 Teaspoon turmeric.
- 1/2 a teaspoon of cumin powder.
- 2 Teaspoons of smooth peanut butter. (30g)
- 2-3 Garlic cloves.
- 150g Mushrooms.
- A 2cm piece of ginger.
- A bag of ready prepped veg for stir frying (I use shredded cabbage, carrot, mushrooms, broccoli, bean sprouts, peppers and onion)

Method:

- Put a frying pan on a low heat and add the cumin, turmeric and curry powder, lightly toast for 1-2 minutes and add to the pestle,
- Chop and peel the garlic and add it to the pestle with the peanut butter, chopped ginger, and soy sauce. Bash and grind the mixture in the pestle and mortar for a few minutes until you have a smooth paste, add the juice of the lime and the boiling water to thin it out slightly if necessary.
- Fill a large saucepan with water and heat until it comes to a boil, Cut the chicken fillets into strips, lightly spray your frying pan with oil and fry on a high heat until cooked through, add the noodles to the boiling water.
- Remove the chicken from the pan and set aside, add the chopped veg to the pan and fry on a high heat. (If you have a lot of veg to cook you might need to fry them in smaller batches, add too much at once and you will end up steaming the veg rather than frying them), Keep moving the veg around ensuring nothing is sticking to the pan or burning, it should only take two or three minutes to cook. You want them to be heated through but still retain some crunch (the key to a good stir fry is cooking everything at a high heat quickly)
- Drain the noodles and add them to the pan, return the chicken to the pan, stir and coat all the ingredients in the sauce and serve.

The juice of one lime.

Boiling water as necessary.

Spray oil.

Very Simple Chicken Alfredo.



One of my wife's favorites. This one's pretty fast and simple to put together. I usually have it with a balsamic salad.

Per serving:
Calories: 660.
Fat: 20g
Carbs: 63g
Protein: 55g



Ingredients:

- 80g pasta.
- 2 cloves of garlic.
- 1 Chicken fillet about 130g.
- 30g cheddar cheese, or any hard cheese grated.
- 10g parmesan cheese.
- 50g extra light cream cheese.
- spray oil.
- 50mls almond milk.
- Hand full of basil leaves, roughly chopped.
- 1 bag of mixed salad leaves (optional).
- balsamic vinegar. (optional)

Method:

- Fill a large saucepan with water and heat until it comes to a boil, While the water is heating, spray a separate pot with oil and put on a gentle heat, peel and chop the garlic and add to the pot, stirring to insure it doesn't burn.
- Put a frying pan on a high heat, spray with oil and add the chicken.
- Add the cream cheese, basil and the grated cheddar cheese to the pot with the garlic, keep stirring and slowly add the almond milk, Stir until it forms a thick sauce, and then finally add the parmesan cheese. If the chicken is done, remove it from the pan and allow it to rest for a minute.
- Check that the pasta is cooked to your liking, drain but retain about a cup of water.
- Add the pasta to the pot with the sauce and stir, if it seems a little too dry, add some of the water you retained from the pasta. Keep stirring and tossing the pasta until it seems evenly covered in sauce.
- Serve the pasta with the cooked chicken fillet, the salad dressed with balsamic vinegar and a final grating of parmesan.



Basic pizza making:

Ingredients:

- 7g fast acting yeast.
- 200g flour (traditionally type 00 flour is used in pizza making but you can use bread flour if you can't find any).
- 80mls boiling water, and 40mls cold water. (The water should be luke warm)
- Pinch of sugar.
- Spray oil.

Method:

- Pour the warm water into bowl add the sugar and the yeast (fig 1). Leave it to sit for five to ten minutes until it becomes foamy (fig2).
- Add the flour, starting in the middle, using a fork gently combine the dry and wet ingredients (fig3), and using your hands, form a ball of dough (fig4).
- Knead the dough on flat surface for at least 5 minutes (the better you knead it the better it will rise when baked).
- When the dough feels smooth and elastic (fig5) transfer it back to the bowl, spray it with cooking oil, cover with film and leave it somewhere warm for at least an hour to proof (fig6).
- When its doubled in size (fig7) its ready to use, roll out the dough to your desired shape (fig8), and allow it to rest for about 10 minutes.



fig:1



fig:2



fig:3



fig:4



fig:5



fig:6



fig:7

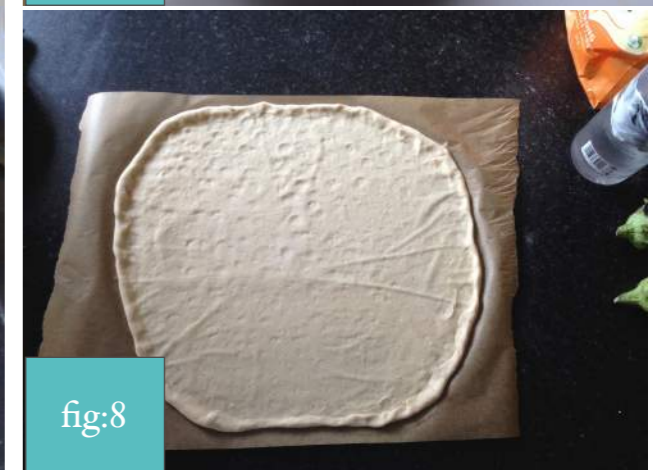


fig:8

Spicy Sausage And Jalapeño Pizza.



Pizzas do require a little bit of prep work but the result is definitely worth the effort. Not to mention making pizzas is something I actually get a lot of enjoyment from. I find it almost therapeutic

Per pizza:
Calories: 1190.
Fat: 18g.
Carbs: 189g.
Protein: 86g.



Ingredients:

- 1 x pizza dough recipe.
- 200g passata.
- 40g grated mozzarella cheese.
- 4 low fat sausages.
- 1 red onion.
- 8 slices of pickled jalapeños (I use a jar of pickled jalapeño slices)
- 5g tomato puree.
- 1 chopped bell pepper (optional).
- 1 chopped red onion (optional).
- Garlic powder (optional).

Method:

- Preheat the oven to its highest temperature setting and place a small pan of water in the bottom. This will create steam which raises the temperature even higher, and gives the pizza a better crust.
- Add the passata, tomato puree and the garlic to a small saucepan and put it on a low heat, allow it to simmer for about 15 minutes until it begins to thicken, put the sausages on a grill pan and grill (broil) until cooked turning halfway through, When the sausages are done slice them up, ready to top the pizza.
- Roll the pizza dough out to your desired shape and lightly poke the base all over with a fork. (this will stop it from rising too much as it bakes). Take your tomato sauce and spoon it over the base, starting in the centre and working out, then add the onion, pepper and jalapeño (if you're using) and put it into the hot oven to bake.
- When its almost done (about 10 minutes) take the pizza out and add the sausage, jalapeños and finally the cheese, put it in the oven to finish baking (about 5 more minutes) until its golden.

Chili Con Carne With Cauliflower Rice.



This can also be served with plain or brown rice if you're not too concerned about keeping the carbs low.

Per serving (serves two):

Calories: 618.

Fat: 15g

Carbs: 45g

Protein: 73g



Ingredients:

- 500g Extra lean mince beef.
- 2 Crushed cloves of garlic.
- 2 Cans of chopped tomatoes.
- 40g Cheddar cheese, or any hard cheese grated.
- 1 Red onion
- 2 Peppers (any colour)
- a Large 800g head of cauliflower
- 1 Teaspoon smoked paprika
- 1 Teaspoon cinnamon
- 1 Teaspoon cumin powder
- 4 Sticks of celery
- 2-3 Deseeded chilis, add more depending on how spicy you want it (you can substitute for chili powder if you like).
- 1 Beef stock cube dissolved in 200mls of boiling water.

Method:

- Chop the peppers, chilis, celery, onion and garlic and add to a large deep pot on a low heat
- Cook for about five minutes until they start to soften, turn the heat up to medium and then add the mince beef, Keep moving the beef in the pot, breaking it up and allowing it to brown all over, Season with salt and pepper and add the cumin, paprika and cinnamon.
- Finally add the two tins of chopped tomatoes and the beef stock and give it all a good stir, leave it on a low heat to reduce for about 30 minutes, Meanwhile, chop the florets off the cauliflower and blitz in a food processor until it resembles rice. Add the cauliflower to a microwave safe bowl and cover with cling film. microwave for about 4 minutes until soft.
- Serve half the rice with half the chili and top with jalapeños, grated cheese and a dollop of Greek yogurt.



Extra Lean Cheese Burgers with Sriracha Coleslaw.



Keeping the carbs low in your burgers will depend on you being able to source low calorie buns and extra lean beef mince.

Per serving (two burgers):

Calories: 618.

Fat: 15g

Carbs: 45g

Protein: 73g

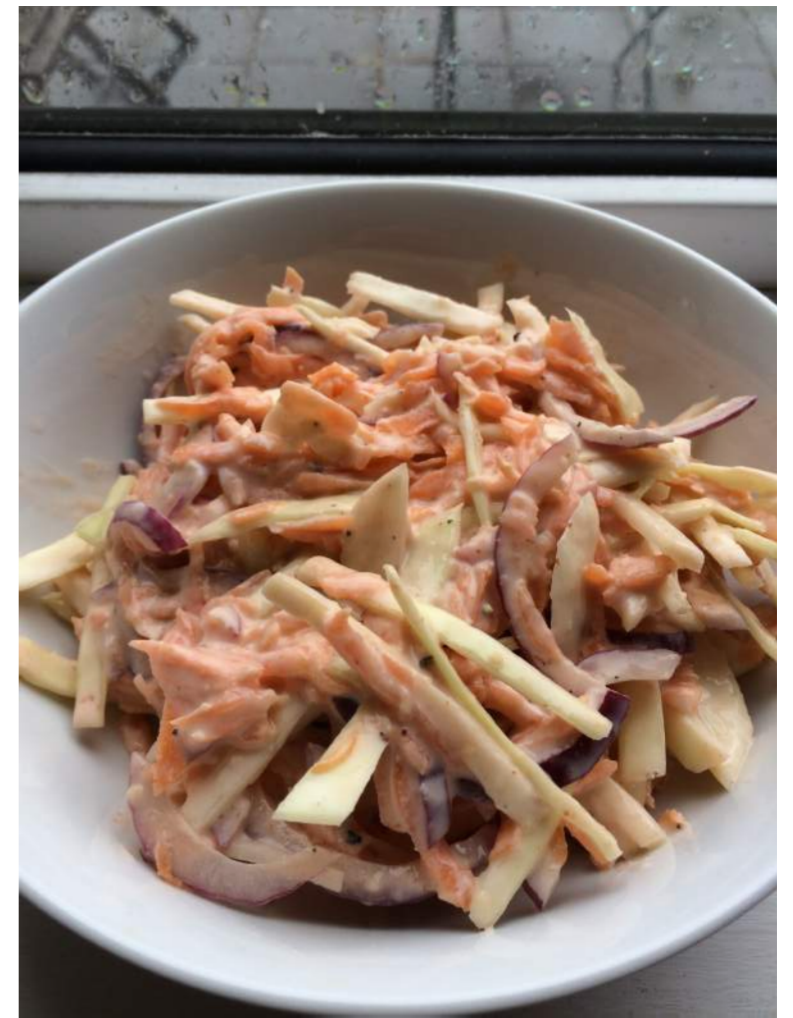


Ingredients:

- 250g Extra lean mince beef.
- 2 Low calorie burger buns.
- Half a red onion.
- 70g White or red cabbage.
- 1 Small grated carrot.
- 50g 0% Greek yogurt.
- A handful of chopped iceberg lettuce.
- Sriracha hot sauce.
- White or malt vinegar.
- Spray oil.

Method:

- Put a grill pan on a high to medium heat and preheat the oven to 150°C (300°F) (cooking a good burger is similar to cooking a good steak, they need to be cooked on a high heat fairly quickly).
- Form the beef mince into burger patties, try not to pack them together too tightly, this will result in the burgers being too dense and rubbery. Season them with a little salt.
- When the pan is hot spray on some oil and add the beef patties, fry them for about 3 to 4 minutes before flipping and frying for a further 2 to 3 minutes (if your adding cheese this is a good time to add it, while the burgers are still cooking). Put the burger buns into the hot oven to bake for a couple of minutes.
- Thinly chop the cabbage, onion and grate the carrot, add them to a bowl with the vinegar, greek yogurt and Sriracha. Then give everything a good stir to combine.
- Assemble the burgers by layering up each bun with lettuce, coleslaw, beef patties and any condiments or cheeses you fancy and serve.



Chapter 4:
Desserts:



Protein Tiramisu.



I'm particularly proud of this one, light, fluffy and I think it tastes just like a traditional tiramisu.

Its also very easy to make with no cooking involved.

Half the whole dessert:

Calories: 624

Fat: 6g

Carbs: 97g

Protein: 43g



Ingredients:

- 100g Pasteurized liquid egg whites (They need to be pasteurized because you won't be cooking them)
- 1 Packet of sponge fingers (boudoir biscuits)
- 500g Tub of 0% fat greek yogurt.
- 1 Teaspoon vanilla extract.
- 1 Cold cup of black coffee. (I use Espresso)
- 4 Squares of 70% dark chocolate.
- a Teaspoon of cocoa powder.
- Stevia or sweetener to taste.
- 20g Scoop of casein (optional).
- A splash of Italian dessert wine (optional).

Method:

- In a mixing bowl add the coffee and the dessert wine.
- In a separate bowl empty the tub of Greek yogurt, add the casein, sweetener and vanilla extract and stir well.
- In a third bowl, crack the eggs and separate the whites, beat them with a whisk or hand blender until stiff.
- Add the egg whites to the yogurt mixture and gently fold together.
- Open the sponge fingers, take half of them and dip them briefly in the coffee, then layer them along the bottom of a baking dish.
- Top the biscuits with a layer of half your yogurt mixture, grate over half the dark chocolate and dust with cocoa powder.
- Top with another layer of coffee dipped biscuits and top with the remaining yogurt.
- Grate the last of the dark chocolate on top and finish with a good dusting of cocoa powder and chill it in the fridge for at least an hour to set and enjoy.



Protein Pavlova.



This is another one of my wife's favorites. The version in the photo was made with strawberries, passion fruit and fresh mint.

Half the whole dessert:

Calories: 622.

Fat: 9g.

Carbs: 95g.

Protein: 41g.



Ingredients:

- 160g Egg whites.
- 100g Caster sugar.
- 500g Tub of 0% fat greek yogurt.
- 1 Teaspoon vanilla extract.
- 125g Fresh strawberries.
- 1 Passion fruit.
- 1 Packet of angel delight (any instant pudding mix will work)
- Stevia or sweetener to taste
- 10g Casein (preferably vanilla flavor).
- A small bunch of fresh mint.
- 1 Packet of sugar free jelly (jello) .

Method:

- Preheat the oven to 110°C, (230°F) make the jelly (jello) as instructed on the packet and leave in the fridge to set. In a mixing bowl crack and separate the egg whites and begin to beat on a low speed, when the egg whites begin to look frothy, increase the speed of the mixer to full and begin to add the sugar one teaspoon at a time, keep beating adding a teaspoon every 5-6 seconds. when the mixture is thick and glossy its ready.
- Line two oven trays with baking paper and drop half the mixture onto each sheet, forming a rough circle on both. Bake for 90-110 minutes in a fan oven, until the meringues sound crisp when tapped underneath and are a pale coffee colour.
- When the meringues are done, turn off the oven and leave them to cool with the door open a crack, In a bowl combine the Greek yogurt, vanilla, casein and the sweetener and in a separate bowl make the instant pudding as directed on the packet.
- Take one meringue base and begin to layer it with half the yogurt, and half the instant pudding. Chop and add most of the strawberries, chopped mint leaves and top it with the set jelly (jello) Add the second meringue and top it with the last of the strawberries, yogurt, instant pudding and the seeds from the passion fruit. finish it with a final sprinkle of chopped mint.

Basic macro friendly pie making:



fig:1



fig:2



fig:3



fig:4

Macros for 1 batch of dough:
Calories: 633
Fat: 15g
Carbs: 101g
Protein: 18g



fig:5



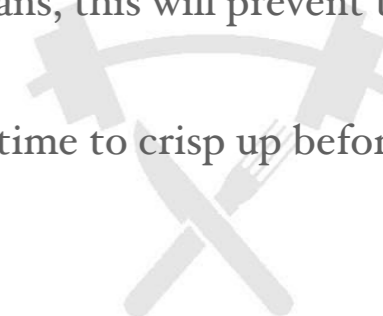
fig:6

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).
- Any kind of dry rice or beans.

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 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, cover with cling film and leave in the fridge for at least 30 minutes.
- When your ready to bake it, pre heat the oven to 140°C , (280°F) tear off a square of baking paper (or greaseproof paper) and lightly flour it, remove the pastry from the fridge and roll it out with a rolling pin until you have a rough circle about the same size as your pie dish.
- Gently place your rolled pastry into pie dish and shape it to fit, pushing it down into the edges.
- Take the baking paper you used to roll out the pastry and place it on top of the shaped pastry and fill it with dry rice or beans, this will prevent the pastry from rising in the oven.
- 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 and remove the baking paper and rice.
- Put your pie back in the oven for a further 5 minutes or so, until the base has crisped up.



And thats really it. from here you can go in several delicious directions. Pumpkin, apple, lemon meringue the choice is yours.

Lemon Meringue Pie.



This is a childhood favorite for me, the challenge was reducing the sugar without letting the filling become too sour.

Quarter of the pie:

Calories: 288

Fat: 8.5g

Carbs: 38g

Protein: 15g



Ingredients:

- 1 x Basic macro friendly pastry.
- 2 Lemons.
- 30g Corn flour.
- 200 mls Water.
- 30g Caster sugar.
- 2 Whole eggs.
- 2 Egg whites.
- 150g 0% Fat greek yogurt.
- Sweetener to taste.

Method:

- Preheat the oven to 120°C (240°C).
- In a saucepan combine the cornflour, 10g of caster sugar and the water, over a low heat keep whisking the mixture until it starts to firm up.
- Separate the egg yolks, reserving the whites in a separate bowl, squeeze the juice out of the lemons and add the zest of both lemons.
- Add the lemon and yolks to the saucepan and continue to whisk until the mixture becomes firm again.
- Add the greek yogurt and begin adding the sweetener 1 teaspoon at a time, keep tasting it until its sweet. (All the lemon juice will make it quite sour).
- When it tastes sweet enough add the mixture to the blind baked pie crust.
- Take the bowl with your separated egg whites and add the two extra egg whites to the bowl , begin whisking them at a low speed until they begin to fluff, increase the speed to full and add the remaining caster sugar 1 teaspoon at a time until you have a thick glossy mixture.
- Spoon the meringue over the lemon layer and bake for 40-60 minutes, until the meringue topping has stiffened and gone slightly brown.



Casein Protein Fluff.



This stuff is a life saver for cutting, so much volume for so little calories.

1 large serving without any toppings:

Calories: 288.

Fat: 8.5g.

Carbs: 38g.

Protein: 15g.



Ingredients:

- 30g Any flavor casein.
- 200g Frozen berries (I use strawberries but I've also gotten good results with blueberries and raspberries).
- 200mls Water.

Method:

- Add the casein, berries and the water to the blender and allow it time to fluff, my blender takes about 4-5 minutes to produce 1 massive bowl.

Notes:

- Adding milk or peanut butter will result in sludge rather than fluff.
- I usually add sugar free jelly (jello) to the bowl before serving for added volume.

Note:

- Results will largely depend on your blender, I was very unsuccessful for a long time with fluff making and it wasn't until I upgraded my blender that I was able to produce large bowls of the stuff.



Black Forrest Gâteaux.



This cake looks like its going to be difficult to make but don't get discouraged it's actually pretty simple.

Quarter of the cake:

Calories: 462

Fat: 8.9g

Carbs: 65g

Protein: 34g

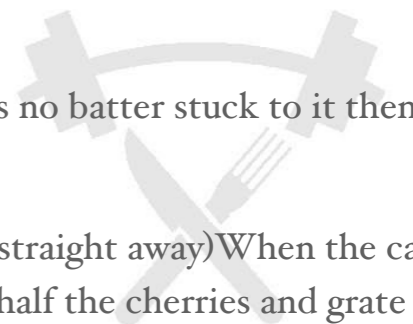


Ingredients:

- 180g Self raising flour or ground oats.
- 50g Caster sugar.
- 1 Whole egg and 3 egg whites.
- 1 Can of black pitted cherries.
- 55g Half fat creme fraiche.
- 250g 0% Fat Greek yogurt.
- Sweetener to taste.
- 20g Chocolate flavor whey.
- 10g Vanilla flavor casein.
- Vanilla essence.
- 10g Good quality dark chocolate.
- 30g Cocoa powder.
- 50mls Almond milk.

Method:

- Preheat the oven to 150°C (300F), In a bowl add the flour, sugar, whey, sweetener, cocoa, almond milk and the separated egg yolk, in a separate bowl beat the egg whites until very stiff and gently fold the two mixtures to combine.
- Pour into a lined cake tin and bake for around 50 minutes, to check if its done, insert a skewer and check if it comes out clean, if theres no batter stuck to it then its done. While the cake is baking combine the creme fraiche, vanilla essence, greek yogurt and casein in a bowl and whisk.
- When the cake is done, leave it in the oven for a about an hour or so with the door closed to cool. (It tends to shrink if you take it out straight away) When the cake has cooled remove it from the pan and gently cut the whole cake in half horizontally Spoon half the yogurt mixture onto the base, add half the cherries and grate over half the dark chocolate Top it with the other half of the cake and add the remaining yogurt mixture and cherries, grate over the remaining chocolate.



Cannellini Bean Brownies and Chocolate Sauce.



This is a big favorite of mine, I always find them really filling and satisfying. The ones pictured were topped with low fat ice cream and chocolate sauce.

Whole pan with sauce:

Calories:633.

Fat: 11g.

Carbs: 70g.

Protein: 61g.



Ingredients:

- 1 can of cannellini beans (250g)
- 100mls Almond milk.
- 1/2 teaspoon baking soda.
- 20g cocoa powder.
- 60g Self raising flour (can be subbed for ground oats if you prefer).
- 20g Whey protein powder.
- Sweetener to taste.
- 2 Egg whites (70g).
- 1 Shot of espresso coffee (optional but recommended).
- Pinch of salt.

Method:

- Pre heat the oven to 180°C (350°F).
- Drain the cannellini beans in a sieve or colander, and rinse them under running water, then add all the ingredients to a blender and blitz until smooth.
- Line a baking tin with parchment or baking paper.
- Pour the mixture from the blender into the tin and bake for about 20 minutes to check if its done, insert a skewer and check if it comes out clean, if there's no batter stuck to it then their done.
- To make the sauce mix the cocoa, sweetener and casein together and slowly add the almond milk until it reaches the right consistency.
- Allow the brownies to cool for at least 20 minutes before cutting and serving with the sauce.

Chocolate sauce:

- 10g cocoa powder
- 10g casein
- sweetener to taste
- Almond milk.



Red Velvet Cheesecake Brownies



Very similar to previous brownies these are topped with a vanilla cheesecake layer.

Per serving:
Calories: 73
Fat: 2g
Carbs: 5g
Protein: 7g



Ingredients:

Red velvet brownie layer:

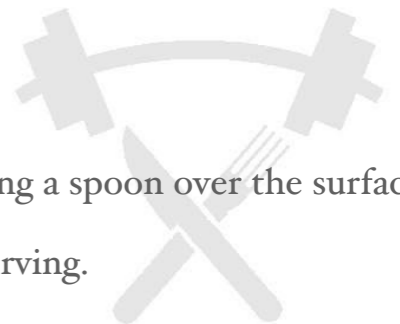
- 10mls red food colouring
- A 400g can of cannellini beans
- 20g coconut flour
- 20g cocoa powder
- 100mls almond milk
- 2 egg whites
- 20g casein protein powder
- 1/2 a teaspoon of baking powder
- Sweetener to taste

Cheesecake layer:

- 100g Greek yogurt
- 2 egg whites
- 5 mls vanilla essence
- 50g low fat cream cheese
- Sweetener to taste

Method:

- Preheat the oven to 150°C (100°F). First make the brownie layer by adding all the ingredients apart from the beans to a blender
- Drain the can of beans and rinse them under running water, then add them to the blender and blitz until smooth, pour almost all the batter into a pan, reserving about 10% of the batter to top the brownies later, place into the oven to bake for 10 minutes, until their slightly set.
- Meanwhile mix all the ingredients for the cheesecake layer together in a bowl apart from the egg whites.
- Crack the egg whites into a separate bowl and beat with a hand mixer until very stiff.
- Gently fold the egg whites together with rest of the cheesecake mixture.
- Take the red velvet brownies out of the oven and top with the cheesecake mixture.
- Take the last of the remaining batter from the brownies and pour spoonfuls of it over the Cheesecake layer, marble it over the top by running a spoon over the surface
- Put it back in the oven to bake for a further 10-15 minutes until set, Allow the brownies to cool for at least 20 minutes before cutting and serving.



Protein Carrot Cake.



These things can be a bit of a challenge to eat, they tend to come out quite thick and dense. Great for killing hunger.

Whole cake:
Calories: 821.
Fat: 3.6g.
Carbs: 162g.
Protein: 196g.

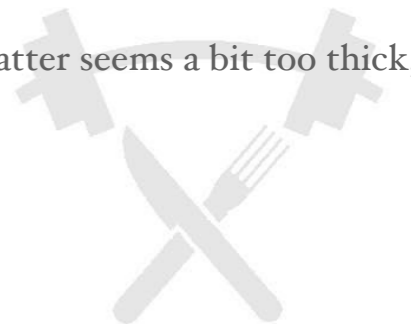


Ingredients:

- 200g Grated carrots.
- Zest and juice of 1 orange.
- 1 Teaspoon of cinnamon.
- 25g Whey protein powder.
- 3 Egg whites.
- 110g Self raising flour or ground oats.
- 200g 0% Greek yogurt.
- 250g Tub of quark cheese.
- 1/2 Teaspoon nutmeg.
- 1/2 Teaspoon of baking powder.
- Sweetener to taste.
- Splash of almond milk (optional)

Method:

- Preheat the oven to 150°C (300°F), Add the carrots, Greek yogurt, whey, flour, sweetener, baking powder, orange juice and zest to a bowl, In a separate bowl beat the egg white until very stiff.
- Combine the egg whites with the other ingredients by gently folding them together (try not to knock out too much of the air), If the cake batter seems a bit too thick, add a splash of almond milk to thin it out.
- Add the mixture to a baking tray lined with baking paper and bake for around 40 minutes or until golden brown.
- Allow the cake to cool and then top with the quark and a final dusting of cinnamon.



Strawberry Protein Cheesecake



One of my favorite training day desserts, plenty of protein low in fat and highly adaptable. The most important thing with this recipe is to leave the cake in the oven with the door closed to cool, after its cooked. If you take it out when its still hot it'll deflate and you'll end up with a pancake.

Whole cheesecake with no topping:

Calories: 701

Fat: 14g

Carbs: 67g

Protein: 73g

Ingredients:

- 100g Egg whites.
- 200g Lowest fat cream cheese you can find.
- 300g 0% Fat greek yogurt.
- 1 Teaspoon vanilla extract.
- 1 Teaspoon lemon juice.
- 60g Ground oats.
- 200mls Boiling water.
- 1/2 Teaspoon baking powder.
- Sweetener to taste.
- 1 Packet on sugar free jelly (Jello).
- Fresh strawberries.

Method:

- In a mixing bowl mix the oats, baking powder and 5g of stevia, pour over the boiling water and stir until combined.
- Line the inside of a cake tin with parchment paper and wrap the outside of the tin in cling film or tinfoil to make it water tight, pour the oat mixture into the prepared cake tin and bake in the oven at 180°C (350°F) for 20 minutes or until golden and firm and mix the remaining ingredients in a bowl except the egg whites.
- In a separate bowl, beat the egg whites until they form stiff peaks and gently fold the egg whites into the rest of the ingredients to form the cheesecake batter, remove the baked base from the oven, fill a deep pan with water and place it on the bottom shelf of the oven.
- Pour the cheesecake batter onto the baked base, place the filled cake tin into the water filled pan and bake for 50 minutes at 170° C (330°F).
- Switch off the oven, and allow the cheesecake to reach room temperature (while still inside the oven). Then leave it in the fridge to set for at least one hour (overnight is best). Mix warm water with the instant jelly powder (or follow the instructions on the packet) and pour over the set cheesecake. Top with the fresh strawberries and put it back in the fridge to set the jelly

Blueberry Coconut Loaf Cake.



This is a great recipe if you're looking to make a cake but trying to keep the carbs low.

Whole cake:
Calories: 678.
Fat: 38g.
Carbs: 37g.
Protein: 44g.



Ingredients:

- 25g Whey protein powder.
- 5mls Vanilla essence.
- 100mls Almond milk.
- 3 Egg whites.
- 55g Coconut flour.
- 80g 0% Greek yogurt.
- 1/2 Teaspoon of baking powder.
- Sweetener to taste.
- 100g Blueberries

Method:

- Preheat the oven to 150°C (300°C).
- Mix all the dry ingredients in a bowl.
- Add the almond milk and vanilla essence, combine and then add half the blueberries.
- In a separate bowl beat the egg white until very stiff.
- Combine the egg whites with the other ingredients by gently folding them together (try not to knock out too much of the air).
- Add the mixture to a loaf tin lined with baking paper, top with the remaining blueberries and bake for around 50 minutes or until golden brown. Allow the loaf to cool inside the oven before removing it.

Variations:

- You can also substitute the blueberries for 20g of cocoa powder, this will result in a chocolate coconut cake.



Blueberry Banana Bread.



I find this bread a great way to use up any ripe bananas you might have hanging around.

Whole loaf:
Calories: 900
Protein: 47g
Carbs: 164g
Fat: 13g



Ingredients:

- 3 Ripe bananas (160g).
- 25g Bulk powders banana whey.
- 120g Bulk powders liquid egg whites.
- 60g Ultra fine Scottish oats.
- 1/2 Teaspoon baking soda.
- 1/2 Teaspoon baking powder.
- 150g Blueberries.
- 80g Greek yogurt.
- 1/2 Teaspoon cinnamon.
- 50mls Almond milk.
- Sweetener to taste.

Method:

- Preheat the oven to 160°C (320°F)
- Mix th dry ingredients together in a bowl.
- Mash the ripe bananas until smooth and add the almond milk, egg whites and 100g of blueberries and combine with th ingredients.
- Pour into a loaf tin and top with the remaining 50g of blueberries.
- Bake in the oven for about 30-35 minutes, to check if its done insert a skewer and check if it comes out clean, if there's no batter stuck to it then their done.



Rhubarb And Ginger Cake Bars.



I like to make these for post workout days. Very low in fat but lots of flavor.

Whole cake
Calories: 790
Protein: 74g
Carbs: 114g
Fat: 4g



Ingredients:

- 120g Self raising flour (can be substituted for ground oats).
- 1/2 Teaspoon baking powder.
- 400g Chopped rhubarb.
- A thumb sized piece of root ginger, peeled and grated.
- 25g Whey protein powder.
- 100mls Almond milk.
- Sweetener to taste.
- 3 Egg whites.
- 250g 0% fat Greek yoghurt.

Method:

- Mix all the ingredients in a bowl except the egg whites.
- Beat the egg whites until very stiff and gently fold into the other ingredients.
- Bake at 160°(320°F) for about 40 minutes or until a golden. You can check if it's done by inserting a toothpick into the cake, if it comes out clean it's done. If not it needs a little longer.
- Allow it to rest in the switched off oven for about an hour. Try not to take it out until its completely cooled.

Variations:

- If you cant get hold of rhubarb, raspberries, strawberries or chopped apple all work well.



The Beltsander Brownie.



I was in two minds whether or not to include this as it's so simple, but it somehow seemed wrong not to.

Per brownie:
Calories: 142
Protein: 20g
Carbs: 4g
Fat: 4g



Ingredients:

- 25g Scoop of whey protein powder (chocolate works best).
- 1/2 Teaspoon baking powder.
- 10g Cocoa powder.
- 50ml Almond milk (Enough milk to for a stiff batter).
- Sweetener to taste (may not be necessary depending on you're whey).

Method:

- Mix the dry ingredients together in a large mug, add the milk and stir to form a thick paste.
- Microwave on full power for about 90 seconds (microwave times will vary).
- That's it. (It's literally that simple) enjoy. Personally I like to have these with low fat ice cream, It never gets old.

