



# The Beltsander's Cookbook Volume 2



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# Welcome to The Beltsander's cookbook Volume II

Hello and welcome to the Beltsander's Cookbook Volume 2.

I have to admit, I was a little nervous about making a follow up to my first book, given the great reviews and feedback it received.

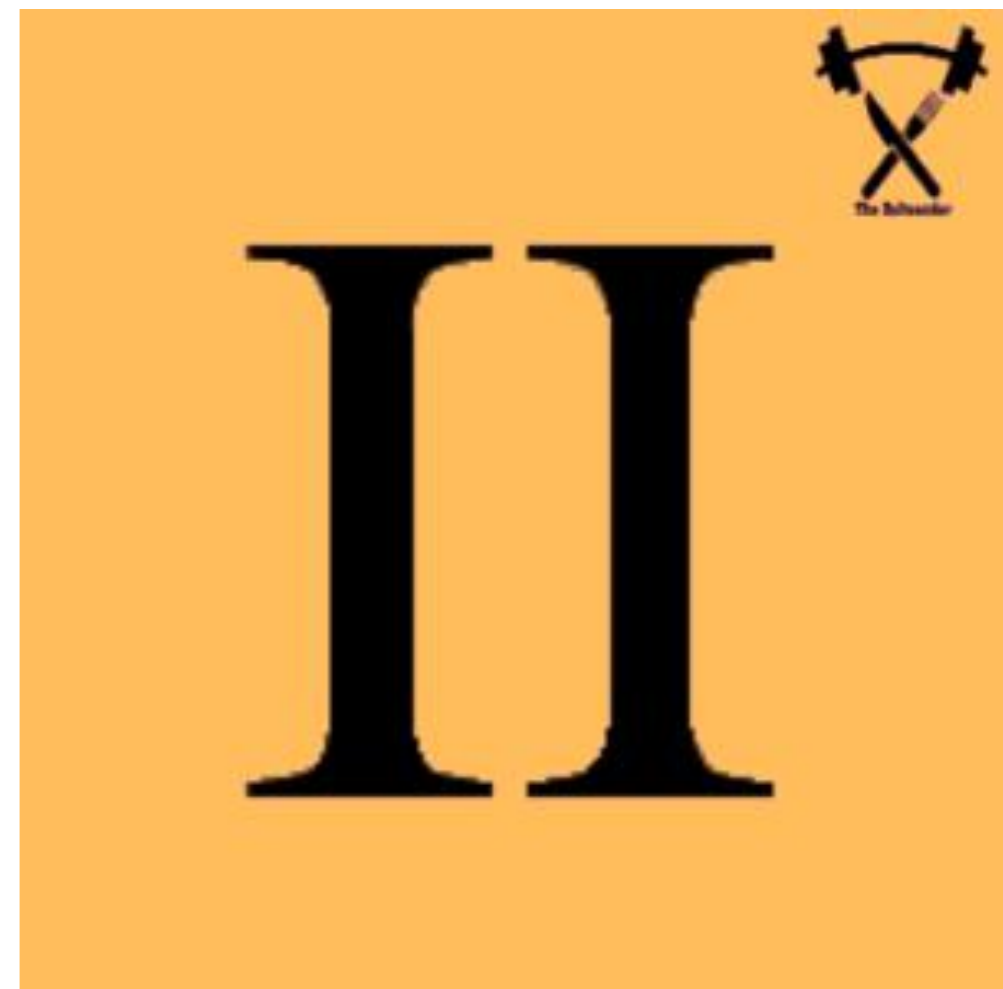
So when I made the decision to write a second volume, I challenged myself to make this one bigger and better, cut back on the nutrition guide and instead focus on adding more recipes and meal ideas. So this volume will have more macro friendly, low calorie meals and treats.

This time round I've decided to move away from the traditional breakfast, dinner, dessert format and instead break the meals down into lower carbohydrate meals and desserts, more suitable for rest or non training days and higher carbohydrate meals and desserts more suited to post workout refueling.

I've also included a whole section where I "take on the takeaway". Healthy swaps for your fast food and local takeaway favorites as well as a section with some ideas for healthier snacks and sides. I'll also be reintroducing my pizza dough guide and showing you some new ways to use it.

As always I'd like to personally thank you for purchasing my eBook and supporting me. It genuinely means the world to me and without your support I certainly wouldn't have written one, let alone two books.

**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, and the very beautiful, incredibly understanding and very pregnant Mrs\_Thebeltsander. God only knows what I'd be without you.

The Beltsander.

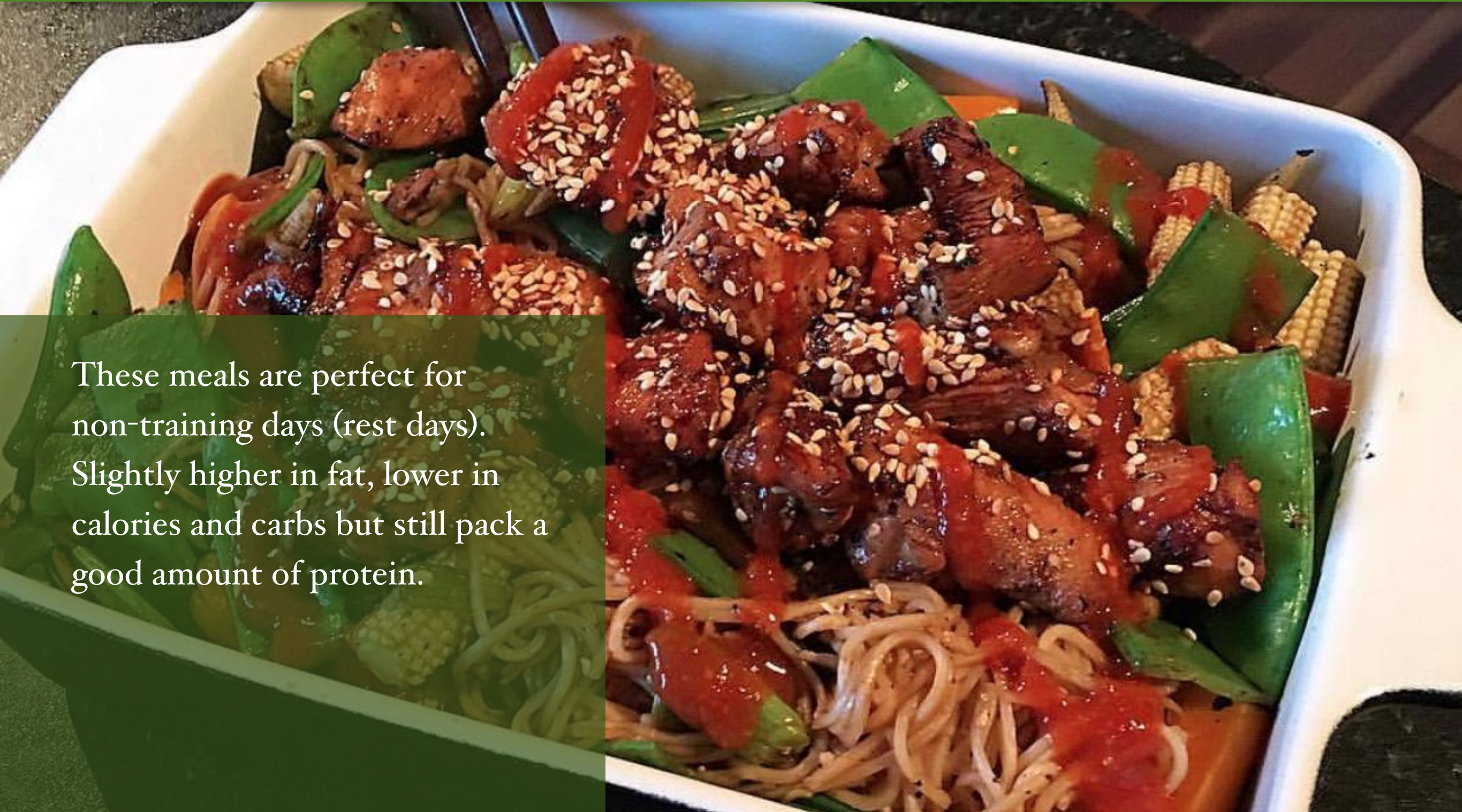
Love, weights and protein pancakes...



# Chapter 1.

## Low carbohydrate meals.

### Perfect for non-training days.



These meals are perfect for non-training days (rest days). Slightly higher in fat, lower in calories and carbs but still pack a good amount of protein.

# Chicken and squash korma with cauliflower rice



Making curries needn't be a long and complicated process. Using a shop bought curry paste makes it very simple and macro friendly.

Per serving: (serves two)

Calories: 629

Fat: 24g

Carbs: 61g

Protein: 62g



## Ingredients:

- 2 Chicken fillets (300g)
- 2 Chopped red onions (160g)
- 400g Butternut squash
- 1 Can of light coconut milk (200mls)
- 2 Cloves of garlic finely chopped
- 4 Teaspoons of korma paste (50g)
- 400g Cauliflower
- 1 Thumb sized piece of ginger finely chopped (20g)
- 1 Chilli pepper, chopped (and if you rather a milder curry, don't add the seeds)

## Method:

- Put a large pot on a medium heat, chop the chicken into cubes, add them to the pot and cook until brown.
- Add the chopped red onion, chilli and garlic. Cook for about 5-10 minutes until the onions soften.
- Cut the squash into cubes, and add it to the pot (I like to leave the skin on), add the ginger and the korma paste and allow to fry off for a minute.
- Add the coconut milk, cover the pot loosely with a lid, lower the heat and let it simmer for 15-20 minutes.
- Meanwhile, chop the florets off the cauliflower and blitz in a food processor until it resembles rice. Add the cauliflower to a bowl and cover with cling film. microwave for about 4 minutes until soft.
- Serve the cauliflower rice with half the korma and top it with a dollop of greek yogurt.



# Bacon wrapped mega meatloaf



It may not look the prettiest but this meatloaf tastes incredible and is so simple to make.

Pure comfortfood.

Per serving:(makes 2)

Calories: 675

Fat: 18g

Carbs: 44g

Protein: 80g





## Ingredients:

- 450g Lean mince beef
- 50g Oats
- 1 Red onion (80g)
- 1 Tablespoon Worcestershire sauce
- 1 Whole egg
- 2 Cloves of garlic
- 4 Rashers of smoked bacon
- 2 Teaspoons dried oregano
- 1 Teaspoon dried Rosemary

## Method:

- Preheat the oven to 200°C (375°F).
- Finely chop the onion and garlic then add them to a bowl along with the mince, oats, herbs, Worcester sauce, egg and season with plenty of salt and pepper. Mix it all really well to combine everything together.
- Line a Loaf tin with foil and then layer the 4 strips of bacon inside the tin. Pack the meat mixture into the loaf tin and fold over the foil to form a parcel.
- Bake it in the preheated oven for 40 minutes (I recommend using a meat thermometer to check if its done, because its quite dense it may require a little more time to cook).
- Let it stand for 10 minutes before serving.



# Cheesy nachos with fresh guacamole



This one's a firm favorite. Quick and easy to prepare and the use of corn tortillas helps keep the the carbs low.

Per serving: (makes 2)

Calories: 755

Fat:27g

Carbs:66g

Protein:62g



## Ingredients:

### • For the nachos:

- 500g Extra lean mince beef
- 2 Crushed cloves of garlic
- 6 corn tortilla wraps
- 1 Red onion
- 1 Teaspoon smoked paprika
- 1 Teaspoon cinnamon
- 1 Teaspoon cumin powder
- 2 Bell peppers
- 40g Cheddar cheese, or any hard cheese grated
- 1 Beef stock cube dissolved in 200mls of boiling water

### For the guacamole:

- 100g ripe avocado
- Dry chili flakes
- Garlic powder
- 1 Lime
- 30g greek yogurt
- Chopped coriander (optional)



## Method:

- Finely chop the peppers, onion and garlic and add to a large deep pot on a low heat.
- Cook the onion, peppers and garlic 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 allowing it to brown all over. Season with salt and pepper and add the cumin, paprika and cinnamon.
- Add the beef stock and give it all a good stir, leave it on a low heat to reduce for about 10-15 minutes, Meanwhile, with a pair of scissors, cut the tortillas into triangles, spray them with oil and bake, turning them over once midway for 15 minutes at 160°C (320°F) or until golden and crisp.
- Cut the avocado, remove the seed, scoop the flesh 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.
- Pour the beef mixture into a bowl and top with the cheese, put it under the grill (broiler) for a minute or two to melt before serving with the tortilla chips and guacamole.

# Salmon Carbonara



When it comes to pasta you don't need a huge portion to feel full. This recipe is pretty quick and also tastes pretty close to a traditional carbonara.

Per portion:

Calories: 759

Fat: 29g

Carbs: 64g

Protein: 54g

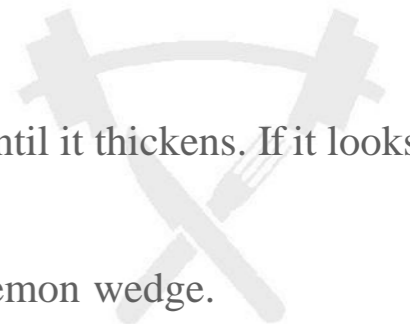


## Ingredients:

- 120g Salmon fillets
- 15g Grated parmesan cheese
- 30g Egg whites (1 egg separated)
- 80g Pasta of choice. (I like to use tagliatelle)
- 2 Whole eggs
- 1 Red onion
- 3 Cloves of garlic
- 1 Lemon

## Method:

- Preheat the oven to 180°C, (355°C) Put the salmon fillet on a lined baking dish, season with salt and pepper cover with some foil and bake for 15-20 minutes.
- Meanwhile put a pan of salted water on to boil, chop the onion and finely chop the garlic.
- Put a separate pan on a low heat and add the garlic and onion, allow them to cook gently for 5 - 10 minutes.
- In a bowl, beat the 2 whole eggs, egg white, grated parmesan and some ground pepper.
- Now that the water is at boiling temperature add the pasta and allow it to cook for 8-12 minutes, test a small piece to make sure its done to your liking.
- When the pasta is done, lower in a cup and remove approximately 125ml (about 1/2 a cup) of the pasta water before draining.
- Add the pasta to the pan with the garlic and onion.
- Take the pan off the heat again and add the eggs and cheese mixture, Quickly tossing everything together to mix. Keep mixing it until it thickens. If it looks too dry, add some of the reserved water to loosen it up again.
- Take your salmon fillet out of the oven, place it on top of the pasta. Grind over some more pepper and serve with a big salad and lemon wedge.



# Crispy, spicy tofu



My relationship with tofu has not always been a good one. My first attempt was to pan fry it, unseasoned, and it was awful. After a lot of research and experimentation I now love the stuff. Its a great protein source and I recommend everyone to try it at least once.

Per portion:

Calories: 236

Fat: 14g

Carbs: 2g

Protein: 25g



## Ingredients:

- 200g tofu
- 1 Teaspoon chili powder
- 1 Teaspoon garlic powder
- Spray oil

## Method:

- Tofu is filled with excess water and pressing it removes much of this water.
- Remove the tofu from it's packaging and drain it, place it on top of two paper towels and put another paper towel on top.
- Now place something reasonably heavy on top (I use three dinner plates) to press the tofu, leave it pressed for at least 20 minutes.
- Cut the tofu block up into cubes, add the garlic powder, chili powder, season well with salt and pepper and then fry it a pan sprayed with oil for 10-15 minutes, turning occasionally until it starts to turn golden.
- Allow it to cool completely before serving, this allows it to crisp up further.
- Add it to salads, stir fry's, sandwiches. It works well with most things but does need to be well seasoned, much like a cut of meat.



# Chapter 2.

## Low Carbohydrate Desserts

Perfect for non-training days.

These desserts are all designed for lower carb / calorie days.

What were traditionally quite carb heavy desserts, have been given a macro makeover to make them easier to fit into your diet and simple enough to make every day.





# Protein chocolate mousse



This mousse is very fast and easy to make.

It's also incredibly macro friendly and tastes pretty close to a real chocolate mousse.

Per portion:

Calories: 237

Fat: 3g

Carbs: 12g

Protein: 39g



## Ingredients:

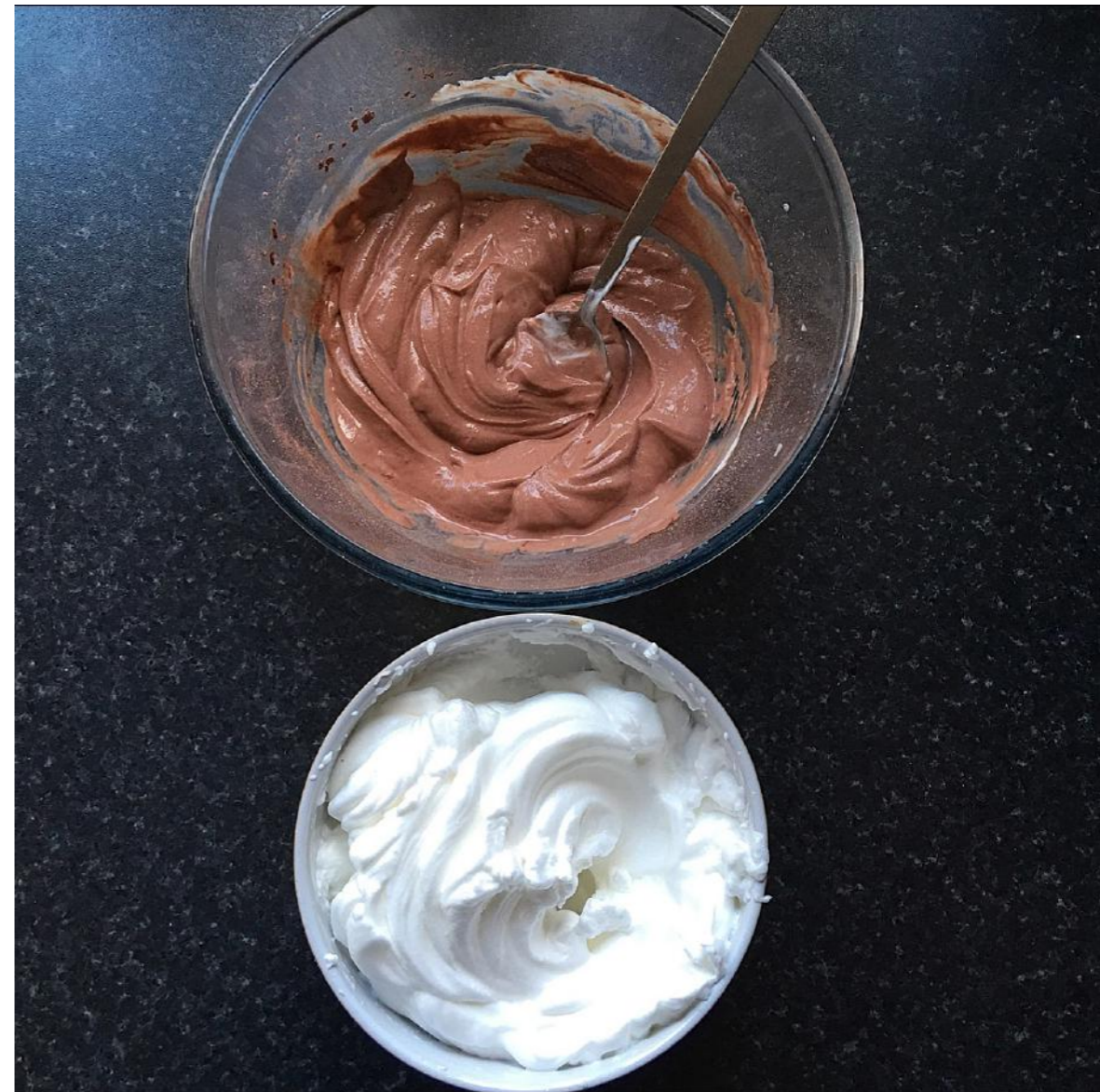
- 90g Egg whites

(you'll need to use very fresh eggs or pasteurized egg whites as we won't be cooking them)

- 150g 0% fat greek yogurt
- Stevia or sweetener to taste
- 20g Chocolate flavor wheyprotein
- 10g Cocoa powder

## Method:

- Add the dry ingredients to a bowl and mix to combine.
- Add the greek yogurt and mix to form a thin paste.
- In another bowl separate the egg whites and whisk them until very stiff.
- Gently fold the egg whites into the chocolate paste mixture and serve.



# The Microwave, Macro Muffin



These muffins are ridiculously simple to make and you'll never believe that they came out of a microwave.

Per Muffin: (makes 3)

Calories: 106

Fat: 3g

Carbs: 5g

Protein 13g



## Ingredients:

- 60g Vanilla whey protein powder
- 1/2 Teaspoon baking powder
- 20g Vanilla Casein
- 50ml Low fat milk (or enough milk to form a stiff batter)
- Sweetener to taste (may not be necessary depending on your whey)
- 40g Apple sauce
- 20g Coconut flour (can be subbed for ground oats)
- 1 Whole egg
- 1 Eggwhite (30g)
- 30g Blueberries

## Method:

- Mix the dry ingredients together in a bowl, add the eggs, milk, apple sauce, vanilla and stir just enough to combine. Try not to over stir the mixture though, as that will lead to tough, dry muffins.
- Spray a small cup with oil, fill it about 2/3 of the way up with the mixture and add about 1/3 of the blueberries.
- Microwave on full power for about 2 minutes (Mine is an 800watt microwave, times will vary depending on you appliance).
- When its done let it sit for a few minutes to set before removing it from the mug.



# Cherry Bakewell Loaf Cake



Using coconut flour is a great way to bake cakes etc and still keep the carbs low. The macros on this one may vary a lot depending on the brand of coconut flour you use.

Whole loaf:

Calories: 663

Fat: 39g

Carbs: 31g

Protein: 46g



## Ingredients:

### Loaf cake:

- 60g coconut flour
- 25g vanilla whey protein powder
- 1/2 teaspoon baking powder
- 50mls almond milk
- 2 egg whites (60g)
- 5mls almond essence
- 80g 0% fat Greek yogurt

### Icing:

- 10g Vanilla flavored casein
- 60g Greek yogurt
- 5mls vanilla essence
- 6 glacé cherries

## Method:

- Pre heat the oven to 150°C (300°F).
- Add the dry ingredients for the cake to a bowl and then add the yogurt and almond milk, mix together to make a thick paste.
- In a separate bowl, beat the egg whites until very stiff and then carefully fold them into the cake mixture.
- Pour into a lined loaf tin and bake for 15-20 minutes until golden.
- Then switch the oven off and allow it to cool in there with the door closed for at least an hour.

### Icing:

- Mix the yogurt, casein and vanilla in a bowl and add to the cake once it's cooled, top with your cherries and serve.



# Lemon, poppyseed muffins with cream cheese frosting



Using coconut flour on these again helps to keep the carbs low but you still get a pretty good rise from the muffins while they bake.

Per muffin: (makes 4)

Calories: 166

Fat: 4.5g

Carbs: 8.5g

Protein: 22.5g



## Ingredients:

### Muffins:

- 1x Banana (80g)
- 50g 0% Fat Greek yogurt
- 50g vanilla flavored whey protein
- 1/2 teaspoon baking powder
- 2 egg whites (70g)
- 30g Coconut Flour (can be subbed for ground oats)
- 10g Stevia
- 3 Lemons
- 10mls almond milk

## Method:

- Preheat the oven to 210°C (410°C) (high starting temperature helps them to rise).
- Add the banana to a bowl and mash with a fork, then add the dry ingredients and mix to combine.
- Add the egg whites, greek yogurt and almond milk and mix again to combine.
- Add the zest and the juice of the three lemons along with the poppy seeds. At this point add more almond milk if the mixture seems too thick.
- Add spoonfuls of the mixture to muffin cases, filling each about 2/3 way up.
- Put them in the oven and turn the temperature down to 160°C (320°) and bake for 20 minutes or until risen and golden.
- Allow them to cool before combining all the ingredients for the cream cheese frosting and mixing.
- Top each muffins with the frosting and some extra lemon zest.

### Frosting:

- 100g light cream cheese
- 5g Stevia
- 5g Vanilla essence
- 100g 0% Fat Greek yogurt





# Japanese Cotton Cheesecake



This cake is soft and fluffy like a cloud and a real pleasure to eat. It can be temperamental and if removed early from the oven will shrink rapidly, so its important to give it plenty of time to cool.

Whole cake:

Calories: 856

Fat: 32g

Carbs: 67g

Protein: 68g

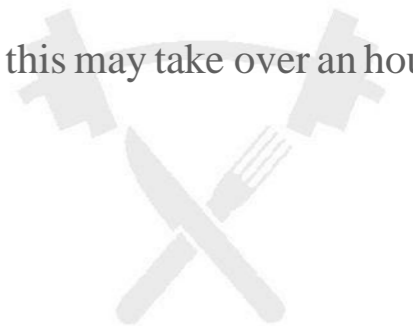


## Ingredients:

- 5mls Lemon juice
- 60g 0% Fat Greek yogurt
- 200g low fat cream cheese
- 60mls Almond milk
- 6 Eggs
- Sweetener of choice (I use 15g stevia)
- 5mls Vanilla essence
- 20g Casein (preferably vanilla flavour)
- 60g Cornflour

## Method:

- Pre heat the oven to 150°C (300°F), fill a deep roasting tray 2/3 of the way full with water and add it to the oven to heat up.
- Take 2 bowls and add the 6 egg yolks to one bowl and the six egg whites to the other, beat the egg whites with an electric whisk until thick peaks form.
- Add the cornflour and casein to a bowl and then add the cream cheese, milk, vanilla essence, lemon juice and greek yogurt, then stir to form a thick batter.
- Gently fold the beaten egg whites into the cheesecake batter, trying not to deflate the egg whites too much in the process.
- Line the inside of a 9" cake tin with non stick baking paper and line the outside with foil or food wrap to make it water tight.
- Pour the cake mixture into the lined loaf tin and bake for 50-65 minutes.
- When the cake is cooked, switch off the oven, leave the door closed and allow it to cool in the oven until it reaches room temperature. this may take over an hour to cool and taking it out early may result in the cake shrinking.
- When it's cooled leave it in the fridge for about an hour to firm up before serving.



# Minimum Effort Chocolate Gâteaux

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This came about as a result of me wanting a layer style cake but not having the time to go to the hassle of baking something complicated and time consuming.

Whole cake:

Calories: 683

Fat: 24g

Carbs: 22g

Protein: 95g



## Ingredients:

### Cake:

- 20g coconut flour (Can be subbed for ground oats)
- 60g Chocolate flavour whey protein
- 20g chocolate flavour casein protein
- 10g Cocoa powder
- 1/2 teaspoon baking powder
- 50mls almond milk
- 60g egg whites (2 separated eggs)
- Sweetener of choice (I use 10g stevia)
- 5mls vanilla essence

## Method:

- Add the dry ingredients for the cake to a bowl and then add the egg whites, milk and stir to make a thick batter.
- Pour into a lined loaf tin and bake at 150°C (300°F) for 15-20 minutes.
- Remove it from the oven and allow it to cool briefly before cutting the cake in half.

### Filling:

- Mix the yogurt, casein and vanilla in a bowl and add it to the top of one half of the cake once it's cooled, top with the other half.

### Topping:

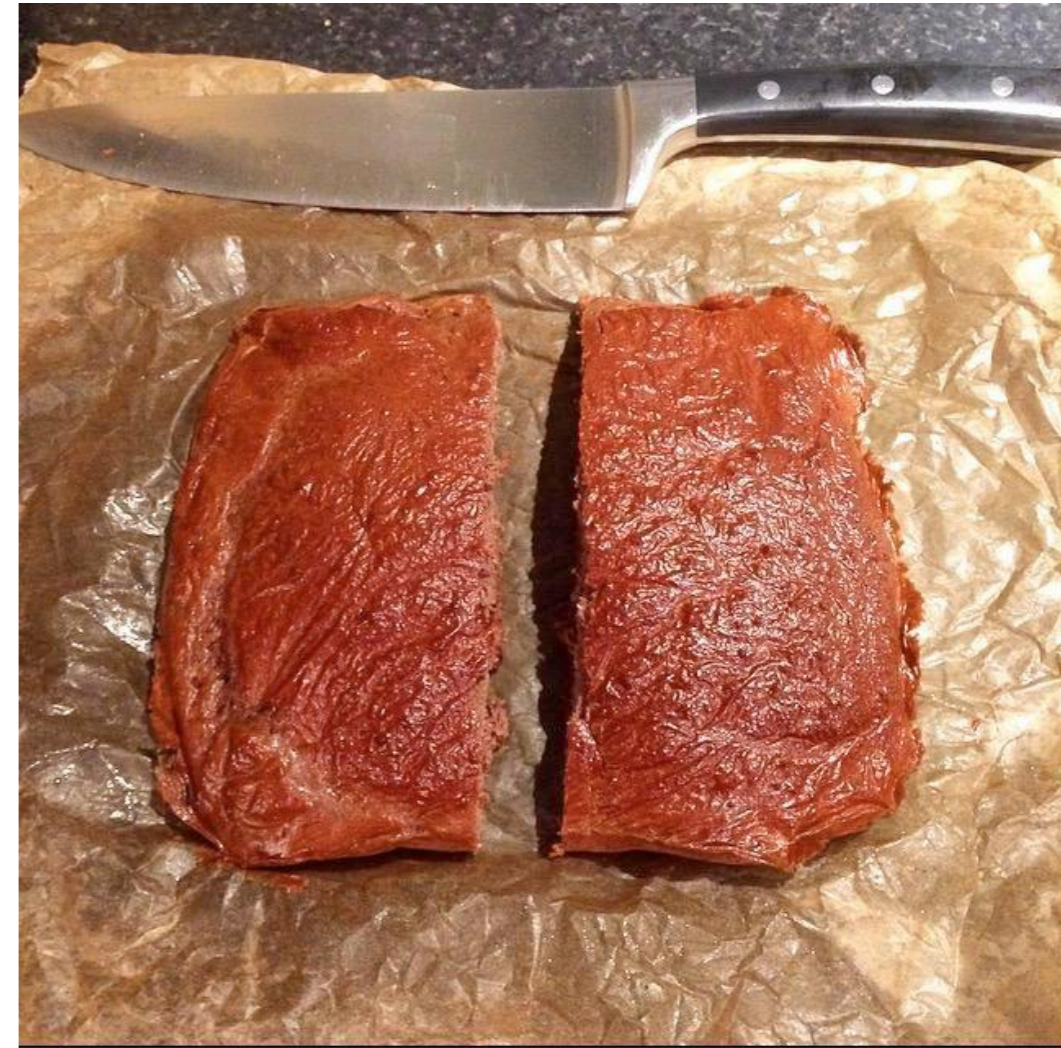
- Mix the casein, cocoa powder and sweetener together and then add the almond milk, mix again and then use it as the topping for the cake.

### Filling:

- 10g Vanilla flavored casein
- 100g 0% Fat Greek yogurt
- 5mls vanilla essence

### Topping:

- 10g Chocolate flavored casein
- 20mls Almond milk
- 10g Cocoa powder
- Sweetener to taste (I use 5g stevia)



# Chapter 3.

## High Carbohydrate meals Perfect for training days.



Perfect for training days, these are big meals that pack plenty of carbs and protein, these meals are designed for post workout recovery and repair.

# Cottage pie



This is my favorite cottage pie recipe, its big on flavour and packed with veggies.

Traditionally, flour is used to thicken the sauce but I use gravy granules to lower the carbs and add extra flavour.

Per serving (makes 2):

Calories: 563

Fat: 11.5g

Carbs: 43.5g

Protein: 61g



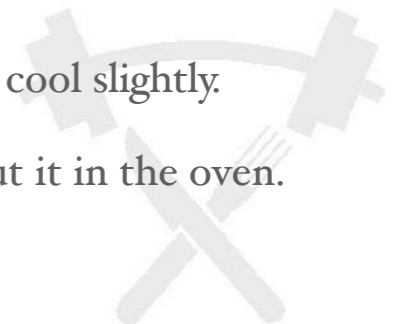
## Ingredients:

- 500g Extra lean mince
- 3 Cloves of garlic
- 4 Stalks of celery
- 10g Tomato puree
- 2 Carrots (200g)
- 2 White onions (160g)
- 400g White potatoes
- Dash of Worcester sauce
- 10g Instant gravy granules

## Method:



- Put a large pot on a low heat, chop the garlic, celery, carrots, and onions. Add them to the pot, season with salt and pepper and allow them to sweat for about 15 minutes.
- Turn the heat up to medium and add the mince, moving it around with a spoon allow it to brown all over.
- Add the Worcester sauce, tomato puree, gravy granules and cover with 200mls boiling water, allow it to simmer gently for 15 minutes. During this time it should thicken up.
- Fill a separate pot with water and bring it to the boil. Chop the potatoes and add them to the water, boil for 20 minutes.
- Strain the potatoes and mash them with a masher, Add the beef and veg mixture to the bottom of a pie dish and allow it to cool slightly.
- Top the beef and veg with the mashed potato and drag a fork along the top to create peaks, these will crisp up when you put it in the oven.
- Finally add the pie to a preheated oven and bake at 160°C (320°F) for 15-20 minutes or until golden and crispy on top.



# Savory pancakes with paprika chicken



Protein pancakes are an absolute staple of mine, and savory pancakes make a nice change of pace.

You might be surprised how well sweetcorn and pancakes go together.

Calories: 700

Fat: 6g

Carbs: 80g

Protein: 85g





## Ingredients:

### Pancakes:

- 25g Whey Protein (preferably unflavored)
- 60g Plain flour (can be substituted for ground oats)
- 2 Egg Whites
- 1/2 Teaspoon Baking Powder
- 80g Sweetcorn Kernels (Canned is fine)
- 50mls Almond Milk
- 1 Chopped Chilli (Optional)
- 3 Chopped Spring Onions (just the green stalks)

### Chicken:

- 200g Chicken Fillet
- Paprika
- Spray Oil

## Method:

- To make the pancakes: Add the dry ingredients to a bowl and mix to combine.
- Add the wet ingredients along with the sweetcorn, chilli and spring onion and mix to form a stiff batter (you may need to add more almond milk if the batter seems too thick).
- Put a frying pan on a low heat, spray with oil and fry spoonfuls of the pancake batter, flipping them once.
- Put a separate pan on high heat and spray with oil.
- Coat the chicken fillet in paprika, salt, pepper and fry for about 5 minutes or until cooked, turning once.
- Top the pancakes with the chicken and serve with BBQ sauce and salad.



# Barbecue Roasted chicken



Cooking a whole chicken is a great idea. It works out cheaper than fillets, and the time invested in a whole bird saves time down the road on meal prep. The leftovers makes for the best salads and sandwiches, you wont believe the difference in flavour.

The macros for a whole chicken differ greatly depending on where you take the meat from.

Instead of tracking the macros as raw meat we simply track it as cooked, roasted.

Examples taken from my fitness pal per 100g:

Chicken breast roasted: 165kcal.

Chicken leg roasted: 174kcal.

Chicken wing meat & skin: 222kcal.

## Ingredients:

- 1 Whole chicken
- 50g Barbecue sauce
- Spray Oil
- 2-3 garlic cloves
- Small, chopped bunch of spring onions (optional)
- Small, chopped bunch of parsley (optional)

## Dry rub:

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

## Method:

Pre heat the oven to 200°C (390°F).

Mix the ingredients for the dry rub together and apply it to the chicken, ensuring its completely covered, top and bottom.

Spray the chicken lightly with oil and place it in a roasting tray with the garlic cloves, add 100mls of water and cover with a sheet of cooking foil.

Place the roasting ray in the oven and roast for about 1 hour and 20 minutes.(cooking times will vary depending on the size of the bird, a meat thermometer is an easy way to check if the chicken is cooked in the centre).

When its done roasting remove it from the oven, brush over the barbecue sauce and return it to the oven uncovered for a further 5-10 minutes to crisp up the skin.

When its done remove it, scatter over the spring onions and parsley and serve with veg, rice, chips or in bread rolls. It'll go pretty well with anything.



# Fish cakes



These fish cakes are seriously easy to make and pack a nice amount of protein.

I've kept the recipe pretty simple by using canned fish.

They also pair nicely with salad, rice or any kind of vegetables.

Per Recipe:  
(Makes 4)

Calories: 718

Fat: 15g

Carbs: 86g

Protein: 59g



## Ingredients:

- 100g tin of tuna, skinless and boneless in water
- 100g tin of salmon, skinless and boneless in water
- 20g self raising flour
- 400g potatoes
- 1 Whole egg
- Small bunch of parsley finely chopped
- 1 Lemon
- 1 Teaspoon of coconut oil (Can be subbed for vegetable or sunflower oil)
- 2 Spring onions

## Method:

- Peel and chop the potatoes into even-sized chunks. Put them in a saucepan and cover with boiling water. Add a pinch of salt, and simmer for 10 mins or until tender, but not broken up.
- In a bowl combine the salmon, tuna, flour, egg, parsley and grate over some lemon zest. Trim and finely slice the spring onions and add them to the bowl.
- Once the potatoes are cooked, drain them and then leave them to cool completely, tip the potatoes back into the pan and use a potato masher to mash them really well, Add the mash to the bowl and mix together until really well combined.
- Divide the mixture into 4 and use your hands to pat and shape each ball into a fishcake, roughly 2cm thick. Lightly flour each cake as you go. (If the mixture seems too sloppy, add a little more flour to thicken).
- Put a large frying pan on a medium heat and add the coconut oil. Gently add each fishcake to the pan and fry for about 5 mins on each side until golden.
- Serve the hot crispy fishcakes with salad and the lemon wedges.



# Spaghetti Bolognese



Let's be honest, Who doesn't appreciate a good spaghetti Bolognese?

This is my favorite version, and even if you're not a fan of red wine I do urge you to use it in this recipe. Most of the alcohol cooks away anyway and the flavour it leaves behind really makes all the difference.

Per serving (makes 2):

Calories: 718

Fat: 15g

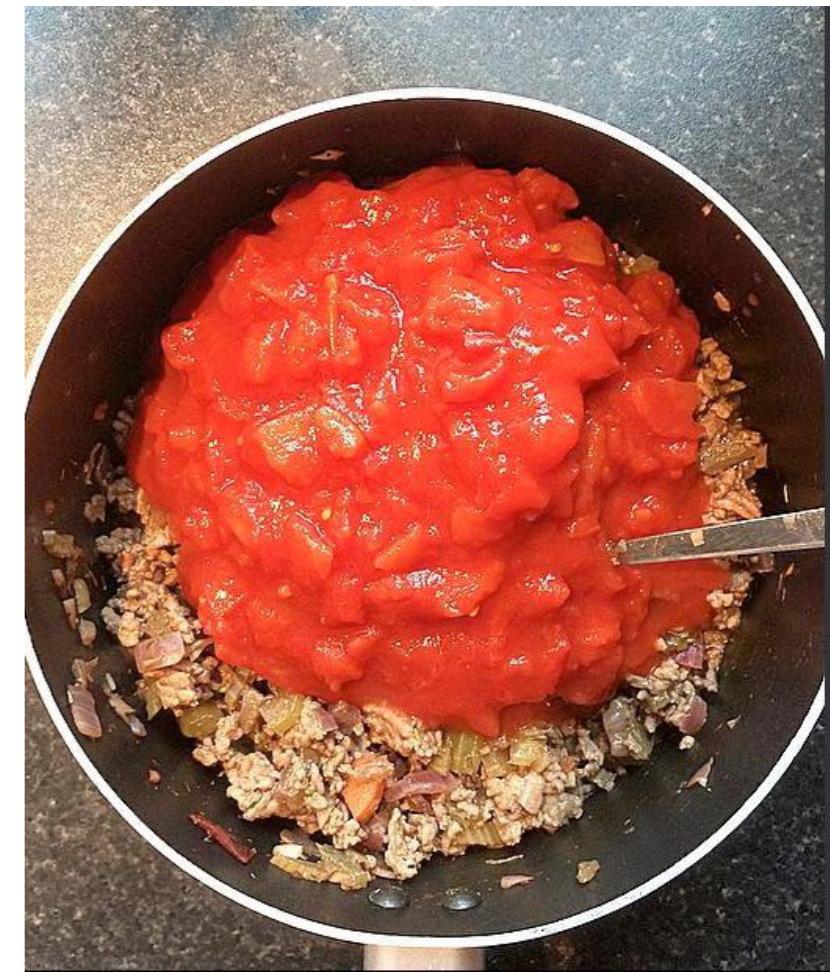
Carbs: 86g

Protein: 59g



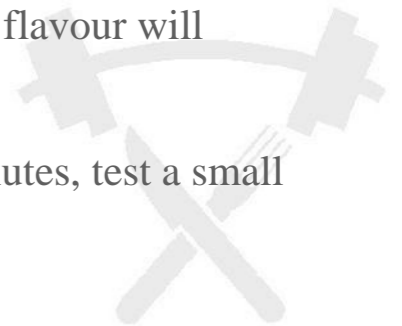
## Ingredients:

- 400g Extra low fat beef mince
- 2 Cans of chopped tomatoes
- 4 Sticks of celery
- 2 Carrots (200g)
- 2 Small red onions (120g)
- 4 Cloves of garlic
- 5g Dried rosemary
- 60mls Red wine
- 10mls Balsamic vinegar
- 1 Beef stock cube



## Method:

- Put a large pot on a low heat, finely chop the onion, celery, carrots and garlic and add to the pot. Allow them to sweat (gently cook) down for about 15 minutes or so.
- Turn the heat up slightly to a medium heat and add the balsamic vinegar and red wine, allow it simmer and reduce for 5 minutes.
- Add the beef mince keeping it moving around the pot, breaking it up and allowing it to brown evenly.
- Finally add the 2 cans of tomatoes, rosemary, the beef stock cube, season with salt and pepper and add 100mls of water.
- Turn the heat down and allow it simmer gently for about 15-20 minutes. at this stage the longer it simmers, the more intense the flavour will become.
- While the sauce is simmering put a large pot of water on a high heat to boil, then add the pasta and allow it to cook for 8-12 minutes, test a small piece to make sure its done to your liking.
- Serve the pasta with the sauce and (if you have the macros) a handful of grated parmesan cheese.



# Chapter 4. High Carbohydrate Desserts Perfect for training days.

These desserts are all perfect for post workout refueling, again I've tried to keep them lower in fat but still pretty high in protein.





# Protein French Toast



This is my tried and tested recipe for french toast.

It starts by getting lightly fried in a pan and is finished off in the oven to crisp it up. This way you'll never end up with soggy french toast.

Macros will vary depending on your choice of bread.

Per serving (makes 2):

Calories: 307

Fat: 2.5g

Carbs: 50g

Protein: 23g



## Ingredients:

- 3 Egg whites (90g)
- 6 Slices of low calories bread (its best to use bread thats a couple of days old as its less likely to fall apart after its soaked)
- Stevia or sweetener to taste
- 20 g Vanilla casein
- 80mls Low fat milk
- 5g Icing sugar to serve
- 2g Vanilla essence
- Spray oil
- cinnamon to taste (optional)

## Method:

- In a mixing bowl add the egg whites, vanilla, casein, sweetener, milk and cinnamon if using and beat with an electric whisk for a minute to combine.
- Preheat the oven to 160°C (320°F) whilst putting a large frying pan on a low heat and spraying it lightly with oil.
- Take the slices of bread and one at a time and dip them in the egg mixture. Allow the bread to soak some of it up and then place them into the pan to fry.
- Fry the slices until golden brown, then flip to cook the other side.
- Put the slices on a baking sheet and spray with more oil before baking for 5-10 minutes until they crisp up.
- Dust with icing sugar and serve.



# Fruity Oat Bars

---



These are made in a blender and are very straight forward. Get creative with your toppings and you have yourself a handy, portable carb source.

Per bar:  
Calories: 262  
Fat: 1.5g  
Carbs: 54g  
Protein: 10g



## Ingredients:

- 50g Oats
- 100g Dates
- 60g Honey (can be subbed for agave syrup for better macros if you can find it)
- 30g Any flavor whey
- Sweetener of choice (I use 10g stevia)
- Optional: chocolate chips

## Method:

- Preheat the oven to 160°C (320°F).
- Put all the ingredients into a blender apart from 5-10g of the oats and start it.
- Allow the blender to run until the mixture forms a stiff ball, this may take a few minutes.
- Mold the mixture into a rectangular shape and place it onto a lined cooking sheet.
- Scatter over the last remaining oats, add any toppings you wish and bake for around 30-35 minutes.
- Cut them into bars and allow them to cool before eating, (this is important for allowing them to set).



# Pumpkin spice protein cheesecake



I prefer to use canned pumpkin if I can find it. But if not I'll just microwave chunks of actual pumpkin for about 10 minutes and then blitz them in the blender.

Per slice (makes 8):

Calories: 118

Fat: 2.6g

Carbs: 14.2g

Protein: 9.8g



## Ingredients:

### Cheesecake batter:

- 350g 0% Fat Greek yogurt
- 3 egg whites
- 5 mls vanilla essence
- 200g low fat cream cheese
- 427g can of pumpkin puree
- Sweetener to taste
- 1 Teaspoon cinnamon
- 1/2 Teaspoon ground nutmeg
- 60mls Almond milk

### Cheesecake base:

- 60g Ground oats
- (or 60g oats pulsed in a blender until powder like)
- 1 egg white
- 1/2 a teaspoon of baking powder
- Sweetener to taste
- 20g Whey protein (any flavour)
- 100mls Boiling water

## Method:

- In a mixing bowl combine the dry ingredients for the base, add the egg white and mix, then finally add the boiling water.
- 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. Then 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 and then 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).
- **Note:** Allow the cheesecake to reach room temperature in the oven and then leave it in the fridge for at least one hour (overnight is best).
- Add a final dusting of cinnamon before serving.



# Protein Rice Pudding

---



Evoker of childhood memories, Consumer of much time and effort to prepare, and the scourge of saucepans everywhere.

My method not only cut's the cooking time in half, it makes it virtually impossible to burn and can be made well ahead of time similar to overnight oats. This isn't your grandma's rice pudding, this is rice pudding evolved.....

Per Portion:

Calories: 458

Fat: 2g

Carbs: 78g

Protein: 32g



## Ingredients:

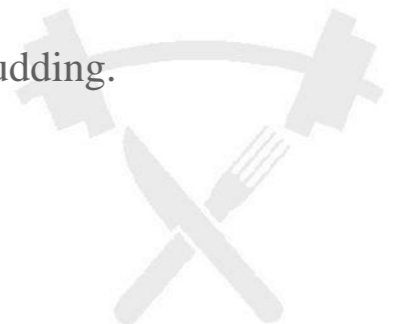
- 80g pudding rice (short grain)
- 30g Vanilla flavor Casein
- 80g 0% Fat Greek yogurt
- Sweetener to taste
- 5mls Vanilla essence
- 100mls Almond milk (optional)

## Method:

- Put a small pan of water on to boil (about a litre of water).
- When the water has boiled ,add the rice and allow it to cook for 15 minutes. (feel free to stir it, but it shouldn't stick to the bottom).
- Most of the water should be gone by now but if some remains drain it off by holding the lid of the pot over the pot with a slight opening for the water to drain out.
- Allow it to cool before adding the casein, vanilla essence and greek yogurt, stir well to combine.
- Get creative with toppings.

### **Your options at this point:**

- 1: Eat it straight away, It'll be pretty good, but you probably don't need to add the almond milk.
- 2: Leave it in the fridge overnight, This is what I recommend, It will thicken up similar to overnight oats. This greatly improves the texture.
- 3: Pour it into a baking dish and bake for 10-15 minutes at 180°C (350°F). This will be more like a traditional (old fashioned) rice pudding.





# Protein Overnight Cappuccinoats

---



Basically a cross between a coffee and protein oats.

These oats can be made well in advance and leaving them in fridge over night, greatly improves their texture.

Per Portion:

Calories: 599

Fat: 11g

Carbs: 70g

Protein: 51g



## Ingredients:

- 80g Oats of your choosing
- 25g Whey protein powder (preferably vanilla)
- 200mls Almond milk
- 100g 0% Fat Greek yogurt
- 2 Teaspoons instant coffee (feel free to adjust according to your personal taste)
- 5g Vanilla essence
- Sweetener to taste (I use 10g stevia)
- 1 Square of dark chocolate

## Method:

- Add the oats, vanilla, sweetener, almond milk and 200mls of water to a microwave safe bowl and cook on full power for 8 minutes(800W microwave).
- Half way through cooking remove it from the microwave, add the instant coffee and a further 100mls of water and mix well.
- Return it to the Microwave to finish cooking.
- When it's done allow it to cool before stirring in the Greek yogurt and whey. (At this stage it can be eaten but it's best to leave it in the fridge over night, this allows it to set better as it chills).
- Now place the bowl in the fridge and leave it overnight or for at least 4 hours.
- Add a final dollop of greek yogurt and grate over the dark chocolate before serving.



# Chapter 5. Snacks and sides.

In this section I've included a few of my favorite side dishes, that'll pair well with pretty much any protein, and a few easy to make snacks that won't max out your macros.



# Killer Cornbread

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This is worth baking just for the smell that comes from the oven alone.

It's a great side, easy and quick to make and goes especially well with chilli.

Per Portion: (makes 2)

Calories: 284

Fat: 2g

Carbs: 50g

Protein: 15g



## Ingredients:

- 60g Self Raising Flour
- 2 Egg Whites (70g)
- 50g 0% Fat Greek Yoghurt
- 60g Maize(cornmeal)
- 90g Sweet Corn kernels (I use canned or frozen corn)
- 1/2 Teaspoon Baking Powder
- 50ml Almond Milk

## Method:

- Combine the dry ingredients together in a bowl and lastly add the corn kernels.
- Then add the Egg whites, Greek Yoghurt and Almond Milk. Mix well to combine.
- Bake at 150c (300°F) for around 20 minutes or until golden. You can check if it's done by inserting a toothpick into the centre. If it comes out clean, its done.



# Macro friendly Mac & Cheese



I've replaced the traditional massive amounts of cheese with pureed butternut squash, it gives a nice texture and only requires a small amount of strong tasting cheese to flavour it.

Per Portion: (makes 2)

Calories: 513

Fat: 7g

Carbs: 102g

Protein: 24g



## Ingredients:

- 160g Dry Macaroni pasta (dry weight)
- 1 Butternut squash (500g)
- 1 Red pepper, chopped (120g)
- 1 Red onion, chopped (100g)
- 50g Red cheddar (can be subbed for any cheese)
- 5g Parmesan cheese
- 20mls Almond milk
- Parsley to garnish (optional)
- Dash of garlic powder

## Method:

- Put 2 pots of water on to boil and weigh out the pasta. Add the pasta to one pot and allow it to cook for 8-12 minutes. Drain the pasta and then return it to the empty pot.
- Take the butternut squash, deseed it, cut off the skin and chop it into squares, then add it to the the other pot of boiling water. Allow it to cook for 12-15 minutes until soft.
- Meanwhile, put a frying pan on a medium heat and take the chopped peppers and onion add them to the pan and fry for 5-10 minutes until softened. Then add them to the pot with the macaroni.
- Drain the butternut squash and blitz it into a puree, either with a stick blender or by using a food processor, add this to the pot with the pasta and veg. Add the cheddar, almond milk, garlic powder, season with plenty of salt and pepper and give it a good stir to combine everything.
- Add this to a baking dish and bake at 150c (300°F)for around 10 minutes, grate over the parmesan and add the parsley before serving.



# Spicy potato wedges



By using spray oil and baking them in the oven these wedges are still crispy without a massive amount of fat and calories.

Per Portion: (makes 2)

Calories: 222

Fat: 6g

Carbs: 24g

Protein: 5g





## Ingredients:

- 400g White potatoes (I like using Maris Piper)
- Spray oil
- 10g Paprika
- 10g Cayenne pepper
- Salt

## Method:

- Preheat the oven to 200°C (300°F).
- Put a large pot of water on to boil.
- Chop the potatoes into wedges and carefully drop them into the water.
- We only want to par boil them so after only 3-4 minutes drain them off and allow them to cool.
- Put them into a freezer bag, spray them 3-4 times with oil and pour in the seasonings.
- Move them around in the bag so all the wedges get evenly coated in oil and seasoning.
- Bake at 200c (400°F) for around 15 minutes, turning once halfway through and then continue to bake for a further 15 minutes or until golden.



# Cilantro lime cauliflower rice



Cauliflower rice makes an excellent replacement for regular rice.

This method really takes cauliflower rice to whole new level and you can get a pretty massive portion for relatively few calories.

It might not be quite as good as chipotle but flavour wise it comes pretty close.

Per Portion: (makes 2)

Calories: 222

Fat: 6g

Carbs: 24g

Protein: 5g



## Ingredients:

- 1 large cauliflower (400g)
- 1 small bunch coriander
- 1 lime
- Salt

## Method:

- Chop the florets off the cauliflower and add them to a food processor.
- Blitz the cauliflower until it's completely broken down and resembles rice grains.
- Add the cauliflower to a microwave safe bowl and cover with film.
- Microwave on full power for 5 minutes (800W)
- Finely chop the coriander and add it to the bowl along with the juice of the lime and good pinch of salt.
- Stir to combine everything and serve.



# Chapter 6. Take on the takeaway



In this chapter I'll be attempting to take on some takeaway and fast food favorites.

Calzones, Subway, the Kernel and even Cinnabon will be receiving a macro conscious makeover.



# Macro friendly K.F.C



I affectionally refer to this as Beltsander fried chicken (B.F.C)

Legend has it, the Kernel uses a blend of 11 herbs and spices in his chicken but I only use 5.

These can of course be adjusted to suit your personal taste.

Per serving:  
Calories: 162  
Fat: 1.5g  
Carbs: 11g  
Protein: 24g

Vs KFC:  
Calories: 320  
Fat: 16g  
Carbs: 9g  
Protein: 33g



## Ingredients:

- 2x 100g chicken fillets
- 35g of any brand of cornflakes cereal
- 1 Teaspoon oregano
- 1 Teaspoon paprika
- 1/2 Teaspoon garlic powder
- 1/2 Teaspoon chilli powder
- 1 Teaspoon black pepper
- 1 Teaspoon salt
- 2 Egg whites
- Spray oil.



## Method:

- Pre heat the oven to 180°C (350°F).
- Put the cornflakes in a freezer bag along with the herbs, spices, salt and pepper, then bash them with something heavy to break them up.
- Add the mixture to a bowl and crack the egg whites into a separate bowl.
- Line a baking tray with foil and spray with oil.
- One at a time dip the chicken fillets into the egg white first and then into the cornflake mixture, insuring the whole fillet gets evenly coated.
- Place each fillet on the baking tray and spray again with oil, you can pour over any leftover coating.
- Cover them with more foil and bake them in the oven for 25 minutes or until the chicken is cooked through.
- Remove the foil covering for the last five minutes of baking to allow them to crisp up.



# Apple & raisin cinnamon rolls



These will need to be made a bit in advance, they'll need to proof twice so make sure you've got plenty of time.

You can vary the filling, but I find the apple helps keeps them moist on the inside.

Per Roll:

Calories: 105

Fat: 2g

Carbs: 15g

Protein: 3g

Vs

Cinnabon:

Calories: 880

Fat: 36g

Carbs: 127g

Protein: 13g



## Ingredients:

- 7g Fast acting yeast
- 100g Plain flour
- 1 Whole egg
- 70g 0% Fat Greek yogurt
- Sweetener to taste
- Spray oil
- 25g Light butter substitute (I use a sunflower oil spread)
- 1/2 Teaspoon baking powder
- 1 Teaspoon cinnamon
- 15g Brown sugar
- 30g Raisins
- 1 Small apple finely chopped

## Method:

- Add the yeast, flour, sweetener and baking powder to a blender.
- Put the butter in a separate bowl and microwave it for a few seconds to melt it, crack in the egg and then add it to the blender.
- Turn the blender on and while its running, slowly add the greek yogurt. After 3 or 4 minutes it should start to form a dough ball. Depending on your flour you may need to add more flour if it seems too wet or a little water if it seems too dry and flaky.
- 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, transfer it to a bowl, spray it with cooking oil and cover with film and leave it somewhere warm for at least an hour to proof (fig1).
- When its doubled in size its ready to use, roll out out the dough to a rectangle shape (fig2),



fig:1



fig:2



fig:3



fig:4

- Sprinkle over the brown sugar, cinnamon and then scatter over the apple and raisins.
- Cut the dough into strips (I use a pizza cutter) roll each of the strips up and place them onto a lined baking tray.
- Leave the rolls to proof for about half an hour until they double in size.
- When they're read to bake, put them into a preheated oven at 160°C (320°F) for about 10-12 minutes. You want them to be slightly under baked, this keeps them moist and doughy in the centre.
- I like to top these with a cream cheese frosting. Just add 50g of light cream cheese and sweetener to a cup and mix well.



# Better Bhajis



I'm a massive onion bhaji fan. Pan frying in spray oil helps cut a lot of the calories but still provides that essential crunch.

These are very good paired with the Tikka on the next page.

Per Bhaji:  
Calories: 71  
Fat: 1g  
Carbs: 13g  
Protein: 2.5g

Vs Indian  
Takeaway:  
Calories: 200  
Fat: 9g  
Carbs: 16g  
Protein: 2.5g



## Ingredients:

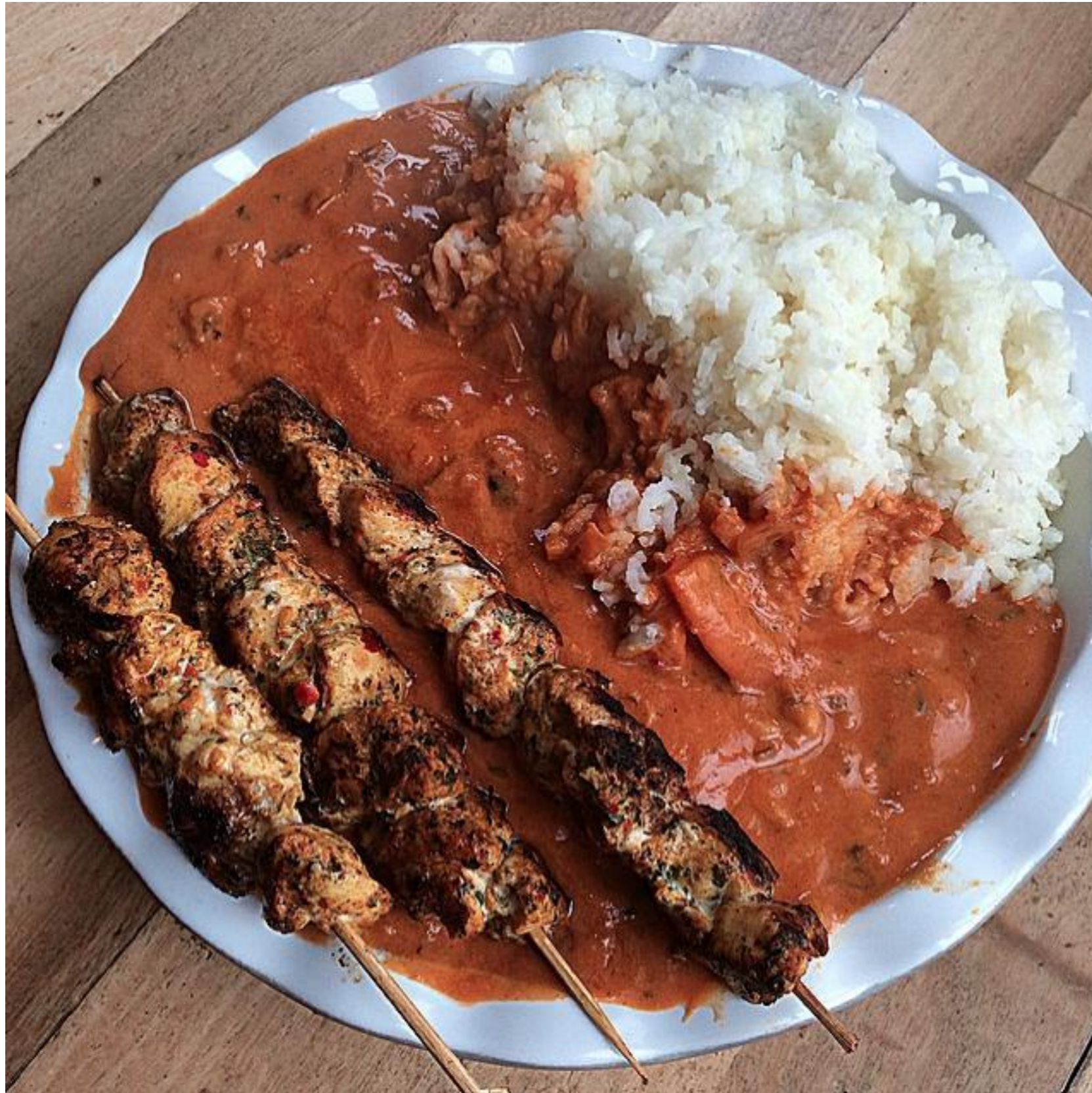
- 2 large onions (120g)
- 60g Gram flour (chickpea flour, I see this in most large supermarkets)
- 1 Teaspoon ground turmeric
- 10g tomato puree
- 1/2 Teaspoon chili powder
- 1 Teaspoon cumin
- 4 Tablespoons of water
- Spray oil

## Method:

- Finely chop the onions, put a frying pan on a low heat, spray the pan with oil and add the spices and the chopped onions.
- Cook them on a low heat for 10 minutes until soft.
- In a small bowl, combine the tomato puree, gram flour, salt and the cooked onions.
- Slowly add the water and keep stirring, the mixture should be wet and easy to stir, but not sloppy.
- Thoroughly spray the pan with oil and add spoonfuls of the mixture.
- Fry for 45-60 seconds before spraying them again with oil, flipping and frying for a further 45-60 seconds and serve.



# Tikka Masala, Rice and Chicken Skewers



There was a time when I believed that making a curry was a long and complicated process involving many spices. But the truth is, it's pretty straightforward and very rewarding.

Per portion:  
(makes 2)  
Calories: 514  
Fat: 9g  
Carbs: 63g  
Protein: 38g

Vs  
Takeaway:  
Calories: 1006  
Fat: 26g  
Carbs: 129g  
Protein: 34g



## Ingredients:

- 2 Chicken fillets diced into cubes (200g)
- 1 Lemon or lemon juice
- 160g Basmati rice
- 2 Bell peppers (240g)
- 1 Can of chopped tomatoes (400g)
- 2 Red onions (120g)
- Small bunch of chopped Coriander
- 80g 0% Fat greek yogurt
- 2 Teaspoons tandoori curry powder
- 4 Wooden skewers

## Curry paste:

- 3 Cloves of garlic
- Spray oil
- A thumb sized piece of root ginger (20g)
- 1 Teaspoon paprika
- 1 Teaspoon cumin
- 1 Teaspoon Garam masala powder
- 1 Teaspoon Turmeric



## Method:

- Start by making the curry paste, add all the ingredients to a pestle and mortar (a blender works just as well) with a pinch of salt, a couple of sprays of oil and bash it into a paste.
- Put a large pot on a low heat and add the paste, lightly fry for 2-3 minutes, chop the peppers and onions and then add them to the pot. Turn the heat up slightly and allow them to sweat for 5-10 minutes until soft, and then add the tomatoes, 100mls water and allow it to simmer for 10-15 minutes.
- Fill a separate pot with water and add the rice, allow it to cook for 15-20 minutes.
- Put a frying pan on a medium heat. Season the chicken with salt, pepper and the curry powder. Tread the chicken onto the skewers and put them onto the pan to cook for 10-15 minutes turning regularly (If you don't wish to use the skewers you can of course just fry the chicken without them).
- Add the lemon, coriander and Greek yogurt to the curry pot. It should now change colour and become creamy.
- Drain the rice and serve with the Tikka and chicken skewers.



# Simple Sausage Rolls



Fast, easy to construct and hits the spot. The macros will depend entirely on you sourcing low fat sausages and pastry, so shop around and read some nutritional labels.

Per Roll:  
Calories: 213

Fat: 7g

Carbs: 22g

Protein: 16g

Vs Greggs:  
Calories: 349

Fat: 25g

Carbs: 23g

Protein: 8g



## Ingredients:

- 125g Pack of low fat ready rolled puff pastry
- 1 Packet low low fat sausages or turkey sausages
- 1 Egg
- 5g Sesame seeds
- Salt and pepper to season
- 5g Fennel seeds (optional)

## Method:

- Start by preheating the oven to 200°C, (390°F) and unroll the pastry onto a sheet of non stick baking paper. (The one I use comes ready rolled but you might need to roll yours out yourself).
- Put a small pan on a low heat and add the sesame seeds, occasionally shake the pan to stop them burning.
- Cut the pastry down the centre to make two long rectangles like the photo above.
- Cut the sausages up and line them up down the centre of the pastry, season with salt and pepper, add the fennel seeds if you're using them (you really should) and brush any remaining, exposed pastry with beaten egg.
- Using the non stick paper pull the top of the pastry over the sausage and seal the edges, using a fork lightly press it into the edges to seal them.
- Brush the whole thing with more beaten egg, top with the toasted sesame seeds and put them in to bake for 20-30 or until golden brown and crispy, cut to size and serve.



## Basic pizza dough 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
- 40mls Cold water
- Pinch of sugar
- Spray oil

### Method:

- Pour the warm water into a bowl and 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 a 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) it's ready to use.
- It can at this point be used as a regular pizza dough or as outlined in the next two recipes.



# Monster meatball calzone (Pizza dough option 1)



Calzone making is something I genuinely love.

I think I actually prefer calzone to pizza now.

It might take a little practice to get the folding right but its well worth the effort.

Per pizza:

Calories:

1190

Fat: 18g

Carbs: 189g

Protein: 86g

Vs  
Figaro's  
Italian  
calzone:

Calories:

1720

Fat: 88g

Carbs: 148g

Protein: 68g



## Ingredients:

- 1 x Pizza dough recipe
- 100g Passata
- 30g Grated mozzarella cheese
- 250g Lean mince beef
- 5g Tomato puree
- 100g Washed, chopped mushrooms
- 1 Chopped bell pepper (120g) (optional)
- 1 Chopped red onion (80g) (optional)
- Garlic powder (optional)

## Method:

- Preheat the oven to its highest temperature setting and place a small pan of water in the bottom. This creates steam which raises the temperature even higher, and gives the calzone a better crust.
- Put a frying pan on a medium heat, roll the beef mince into tight balls and cook on the pan until done, turning once.
- Add the chopped pepper, onion, and mushrooms to a pot on a medium heat and cook for 10 minutes until soft. Add the passata, garlic powder, tomato puree and finally the cooked meatballs, allow it to simmer for 10-15 minutes.
- Roll the pizza dough out to a large oval shape on a sheet of baking paper. take the pot with the filling and spoon it over the centre of the base.
- Grab the two top corners of the baking paper and gently pull it towards yourself, folding the dough over on itself as you pull. Pinch the seam closed and twist it to form a braid.
- Place it carefully in the hot oven to bake for 15-20 minutes or until golden, add the mozzarella for the last minute of baking to melt and serve.



## Tear and share Garlic Dough balls (Pizza dough option 2)



Another great use for the pizza dough recipe.

Limiting the amount of oil being used here severely drops the calories but doesn't impact the flavour.

Per serving:  
(makes 4)

Calories: 231

Fat: 7g

Carbs: 34g

Protein: 6g

Vs pizza  
express:

Calories: 347

Fat: 17g

Carbs: 42g

Protein: 8g

## Ingredients:

- 1 x Pizza dough recipe
- 4-5 Cloves of garlic
- 30 mls olive oil
- Small bunch of parsley (30g)



## Method:

- Chop the garlic and parsley, add to a bowl and mix with the oil. Lightly brush a square baking tray with half the mixture.
- Take your dough and divide it roughly into 20 equal pieces, then one by one roll them up into a ball and place them into the baking tray in rows so as they're lightly touching. Finally brush over any remaining garlic oil.
- Leave them for about an hour to proof, when they've roughly doubled in size they're ready to bake.
- 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 (like pizza) gives a better crust.
- Place it carefully in the hot oven to bake for 15-20 minutes or until golden.



# Sweet and sour pork with cauliflower rice



Sweet and sour is defiantly one of my weaknesses.

This recipe manages to taste pretty authentic and still keep the calories low.

Per serving  
(makes two):  
Calories: 678  
Fat: 15g  
Carbs: 73g  
Protein: 62g

Vs Panda  
express:  
Calories: 880  
Fat: 49g  
Carbs: 81g  
Protein: 30g

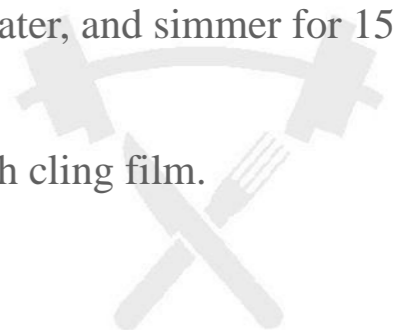


## Ingredients:

- 400g pork chops (boneless and trimmed of fat)
- Small can of pineapple chunks in juice (125g) (The Sweet)
- White or malt vinegar. (The Sour)
- Bunch of spring onions (60g)
- Large cauliflower(400g)
- 5g Tomato puree
- Light soy sauce
- 2 Carrots. (250g)
- 2 Bell peppers (250g)
- 60g Frozen peas
- Spray oil
- 10g Cornflour

## Method:

- Put a frying pan on a medium heat and spray with oil. Cut the pork chops into strips and when the pan is hot, add the pork and stir-fry for 5-6 minutes or until cooked through. Transfer to a plate, cover and set aside.
- Chop the peppers, carrots, and white of the spring onions. Place the veg in a large pot over a medium high heat to cook for about 10 minutes till softened. Then add the cornflour, soy sauce, tomato puree, vinegar, pineapple chunks including the juice, and 100 mls of cold water, and simmer for 15 minutes or until the sauce thickens. Add the frozen peas and return the pork to the pot for the last two minutes.
- Chop florets off the cauliflower and blitz in a food processor until it resembles rice. Add the cauliflower to a bowl and cover with cling film. Microwave for about 4 minutes until soft.
- Chop the green stalks from the spring onions and mix with the cauliflower. Spoon over the pork mixture and serve.



# Meatball Marinara



The macros on this sandwich will vary depending on your choice of bread but I managed to find some pretty macro friendly sub rolls fairly easily.

Freshly made meatballs and sauce beat subway hands down every time in my opinion.

Per sub:  
Calories: 604  
Fat: 14g  
Carbs: 65g  
Protein: 52g

Vs Subway:  
Calories: 960  
Fat: 36g  
Carbs: 118g  
Protein: 42g



## Ingredients:

- 1 Sub bread roll
- 200g Lean mince beef
- 200mls Passata
- 5g Oregano
- 10g Tomato puree
- 5 g Garlic powder
- 30g Low fat grated mozzarella cheese

## Method:

- Put a grill pan on a medium heat, open the mince and divide equally into 8 and roll into tight balls.
- Add the meatballs to the hot pan, stir them around and cook for 8–10 minutes until done (you check if they're cooked by opening one up, there should be no sign of pink).
- Preheat the oven to 200°C (400°F).
- Put a small pan on a low heat and add the Passata, garlic, tomato puree and herbs, let it simmer gently for 5 minutes, then add the meatballs to the pot and gently mix to coat them in the sauce.
- Put the bread roll in the oven to crisp up for 5-10 minutes.
- When the sub roll is cooked, split it open and add the meatballs and cover with any remaining sauce.
- Top each sub roll with the mozzarella and place them under a hot grill (broil) for 2-3 minutes to melt the cheese.
- Fill it with any salad and sauce you like.
- Eat fresh...



# 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:



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



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 simple, macro friendly salad dressings to put an end to boring ass salads.