

Recipes E-book by

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2023



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Table of Contents



3	<i>Introduction</i>	17	<i>Protein shakes</i>
4	<i>Breakfast</i>		LEAN MUSCLE BUILDING
5	Beetroot smoothie bowl	19	Superman protein shake
5	Manuka smoothie bowl	19	Chocolate banana protein shake
5	Apple and pear smoothie bowl	20	Almond delight protein shake
6	Mixed berries smoothie bowl	20	Strawberry surprise protein shake
6	Mango passion smoothie bowl		FAT LOSS
7	Protein pancakes	22	Mango matcha protein shake
9	Red velvet waffles	22	Amazon protein shake
11	French toast	23	Oreo protein shake
13	Avocado toast with smoked salmon	23	Pina colada protein shake
15	Noah's French scrambled eggs		DETOX
		25	Rise and shine
		25	Under the sea

Table of Contents

26 *Main Meals*

27 Lasagna

30 Chicken and egg fried rice with salmon

33 Creamy king prawn linguine

35 Honey-garlic lamb with roasted vegetables

38 Turkish beef and pea stew

41 Chicken burrito

45 Surf and turf tacos

47 Moroccan seabass with couscous

49 Tuna steaks with asparagus

51 Air fryer chicken breasts

53 Vegan stuffed peppers

55 Vegan Chinese stir fry

57 Vegetable soup

59 Veggie Mediterranean skewers

61 Vegan fried chicken

63 *Desserts / Snacks*

64 No bake vegan banoffee pie

66 Eton mess

68 Chocolate, fruit and nut bark

70 Snickers dates

72 Protein peanut and chocolate cups

74 Easy protein brownies

76 Peanut and banana rice cakes

77 Yoghurt bowl

78 Home-made plantain chips

79 Protein ice cream

80 Apples with nut butter



Introduction

Hey guys - firstly I wanted to thank all of you for your continued support, it means so much to me.

You have all been asking and I have finally delivered!

I have created this recipe e-book to include 45 of my favourite go-to

Breakfast, Main meals and Desserts/snacks.

Some of these you will recognize I'm sure from my Instagram or Tiktok.

Don't get me wrong, I am by no means a chef, and I don't usually measure things out, I just pour, season and mix until my ancestors tell me to stop! But I have tried to make it as simple as possible for you guys to all follow at home.

I hope you all enjoy the recipes as much as I enjoyed creating them for you,

and who knows, this may be the first of many.





Breakfast

They don't say that breakfast is the most important meal of the day for nothing. This is the section in the whole e-book that is probably most guided towards the category of "fitness nutrition". However, they are still just as delicious and can be enjoyed by everyone.

There will be a mixture of smoothie bowls, protein shakes and carb heavy breakfasts such as pancakes and waffles. A lot of the base ingredients are the same, with just the fruits or flavours being altered, which is what makes these so easy to follow, because if there is anything you want to swap out, then you can!

Let's start the day right together!

We will start with smoothie bowls and below I will detail the base ingredients for every smoothie bowl going forward. There is no "one size fits all" ratio for smoothie making because ingredients and preferences vary so much but hopefully this will give you a good idea. The method for the smoothie bowls is also the same, so this will be repeated throughout.



Beetroot smoothie bowl

Ingredients

Base ingredients

- 60g x frozen raspberries
- 1 x peeled banana
- 1 x small beetroot
- 1 x apple

Topping choice



Apple and Pear smoothie bowl

Ingredients

Base ingredients

- 1 x frozen banana
- 1 x pear
- 1 x apple
- A handful of spinach or kale

Topping choice



Manuka smoothie bowl

Ingredients

Base ingredients

- 30g x frozen blueberries
- 30g x strawberries
- 1 x peeled banana
- 1 x tbsp nut butter
- 1 x apple

- 1 x tbsp manuka honey
- #### Topping choice

Mixed berries
smoothie bowl

Ingredients

Base ingredients

60g x frozen berry mix
1 x peeled banana

Topping choice



Mango passion
smoothie bowl

Ingredients

Base ingredients

60g x frozen mango &
passion fruit

1 x peeled banana

Topping choice





Protein Pancake

Breakfast

Serves : 1

Protein Pancake

Ingredients:

- 1 x banana
- 3 x eggs
- 2 x tbsp milk of your choice
- 1 x tbsp baking powder
- A scoop of protein powder
- 75g oats
- 1 x tsp cinnamon

Method:

Mix your banana, oats, protein powder, baking powder, cinnamon, milk and eggs until smooth (an electric blender is best for this). Heat some oil in a wide based pan and scoop your batter into 2 to 3 rounds in the pan. Cook for approx. 2 minutes or until the edges start to golden and bubbles start to form, then flip and wait for the other side to cook. Top with your favourite nut butter/maple syrup/fresh berries and enjoy!





Red Velvet Waffles

Breakfast

Serves : Make 8 waffles

Red velvet waffles



Ingredients:

- 300g x self-raising flour
- 3 x eggs
- 400mls x milk of your choice
- 80g x caster sugar
- 125g x melted butter
- 25g cocoa powder
- 1 x tsp vanilla extract
- A few drops of red food colouring

Method:

Mix your milk, eggs, butter, vanilla and sugar into a bowl. Now add your flour and cocoa powder and mix thoroughly until there are no lumps (again a blender is much quicker and easier). Now add a few drops of food colouring and stir well (add more or less to reach your desired colour). Spray your waffle maker with some oil and add your batter into the waffle maker once hot - cook for approx. 4 minutes.

Serve with your favorite toppings and enjoy!



French toast

Breakfast

Serves : 4

French toast

Ingredients:

- 8 x slices of thick brioche bread
- 2 x eggs
- 100mls x milk of your choice
- 1 x tsp vanilla extract
- 1 x tsp cinnamon

Method:

Whisk together the eggs, milk, vanilla extract and cinnamon in a large, wide bowl.

Now soak each side of your brioche bread in the mixture. Heat some oil in a pan and fry your brioche bread for approx. 3 mins on each side or until golden.

Serve with your favourite toppings and enjoy!





Avocado toast
with smoked salmon

Breakfast

Serves : 2

Avocado toast with smoked salmon

Ingredients:


- 2 x large slices of wholegrain sourdough bread
- 1 x large avocado
- 4 x slices of smoked salmon
- The juice of half a lemon
- Salt, pepper, chilli flakes, olive oil

Method:

Mash your avocados in a large bowl and add a drizzle of olive oil, salt, pepper and chilli flakes to taste.

Grill or toast your sourdough bread until golden. Top with your avocado mixture, smoked salmon, lemon juice and enjoy!





Noah's French
scrambled eggs

Breakfast

Serves : 1

Noah's French scrambled eggs

Ingredients:

- 3 x eggs
- 1 x spring onions
- 1/4 x green pepper
- A handful of parsley
- 1/2 x maggi cube
- 1/2 x tsp garlic powder

Method:

First, chop up your onion and green pepper very finely. Whisk your eggs in a separate bowl and add your onion, pepper, maggi cube and garlic powder. Stir well to ensure it's all combined. Heat some oil in a pan and add your egg mixture. Stir constantly so it doesn't burn and cook for 2 minutes max (or cook your eggs as much as little to your liking). You can also add some shredded chicken or cheese to up the protein - enjoy!





Protein Shakes

Now we will move onto protein shakes. These will be divided into 3 sub-categories;

building lean muscle, fat loss and detox.

Similar to the smoothie bowls, there will be a list of base ingredients to add to every shake and the method will also be the same.

The ingredients listed are enough for one serving.

Base Ingredients:

- 300 - 400 mls x almond, oat or coconut milk
- 1 - 2 scoops x protein powder of your choice
- (you can also add vitamins/supplements /collagen if you wish)
- 1 x tbsp almond or peanut butter

Method:

Blend your base ingredients, along with the ingredients listed in each differing recipe to create your perfect shake. Then, pour into a glass or reusable cup to enjoy on the go! **Enjoy!**

LEAN MUSCLE BUILDING



Superman protein shake

Ingredients

Base ingredients
80g x blueberries
1 x peeled banana
A handful of oats



Chocolate & banana protein shake

Ingredients

Base ingredients
1 x tbsp cocoa powder
1 x peeled banana

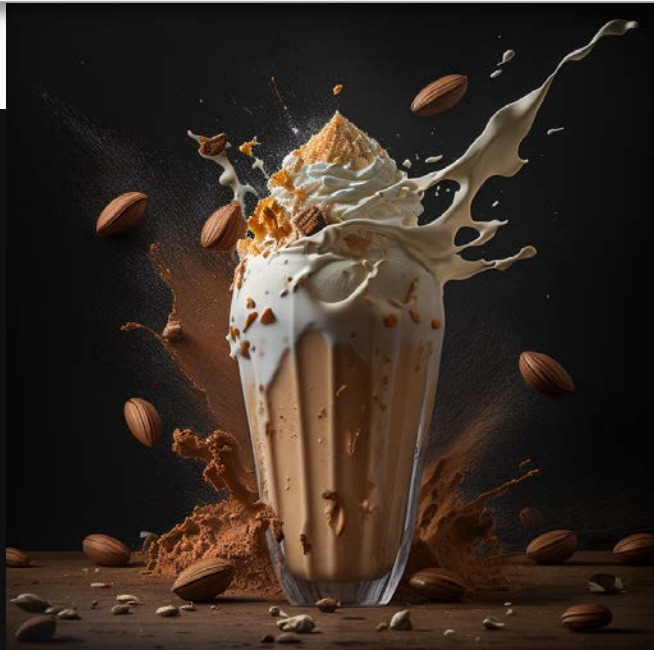


Almond delight protein shake

Ingredients

Base ingredients

½ x mango
1 x peeled banana
A handful of sliced almonds
1 x tsp cinnamon



Strawberry surprise protein shake

Ingredients

Base ingredients

30g x blueberries
50g x strawberries



FAT LOSS



FAT LOSS - Here we remove the base ingredients but the method is still the same

Mango Matcha protein shake

Ingredients

300mls x almond or oat milk
1 x scoop protein powder
½ x mango
A handful of spinach
1 x tbsp matcha powder



Amazon protein shake

Ingredients

300mls x coconut water
½ x dragon fruit
A handful of pineapple chunks
1 x scoop protein powder
A handful of strawberries
1 x tbsp coconut flakes



Oreo protein shake

Ingredients

300mls x almond or oat milk
1 x frozen banana
3 x tbsp sugar free chocolate syrup
1 x scoop protein powder
2 x tbsp black cocoa powder



Pina colada protein shake

Ingredients

300mls x coconut water
A handful of frozen pineapple chunks
1 x tbsp fresh lime juice
½ medjool date



DETOX



Detox - here we continue without the base ingredients but the method is still the same

Rise and shine

Ingredients

250mls x water
100mls x orange juice
1 x celery stick
A handful of fresh mango and
pineapple



Under the sea

Ingredients

250mls x water
100mls x orange juice
1 x green apple
1 x celery stick
A handful of spinach
1 x tbsp hazelnut syrup





Main Meals

In this section you will find a variety of main dishes I like to cook. I don't believe in depriving yourself of the foods that you like, remember, food is fuel and should be enjoyed! You all know by now that fitness is just a part of my lifestyle and I train very hard 6 days a week. So, when I come home, I try to cook something hearty and filling that will keep me going until the next morning. Although I am not a vegetarian, I have included some vegetarian and vegan recipes for those of you who are -

Balance is essential!

Remember you can adjust these recipes to your liking - swap out the veggies/meat for whatever you prefer or add more or less to cater to whoever you're cooking for.

Pro tip: If you are ideally interested in weight-loss, then just give yourself a smaller portion, no need to miss out!



Lasagna

Main Meal

Serves : 4 to 6

Lasagna

Ingredients:

For the ragu

- 500g lean beef mince
- 1 x tablespoon of tomato puree
- 1 x beef knorr stock pot
- 1 x tin of chopped tomatoes
- 1 x large onion
- 2 x carrots
- 1 x green pepper
- A handful of mushrooms
- 2 x cloves of garlic
- Lasagna pasta sheets
- Salt, pepper & mixed herbs

For the rocket salad

- 1 x bag of rocket
- Olive oil
- Balsamic Glaze

For the Bechamel

- 1 x tablespoon butter
- 1 x tablespoon plain flour
- 500ml semi-skimmed milk
- A handful of grated cheese



Lasagna

Method:

Pre-heat your oven to 200 degrees. Chop up all your veggies to the same size and begin by frying your onion and garlic in some oil (be careful not to let it burn). Add in the rest of your veggies and mince and season to taste. Once the mince has browned, add your tomato puree, and stir for another 1-2 mins. Then add your chopped tomatoes and refill the can halfway with water and the knorr stock pot, add this all into the pan and leave to simmer for 10 mins, then turn off the heat. Now grab another pot and melt the butter. Once the butter is melted add you flour and stir quickly with a whisk (this is your roux). Slowly pour the milk in and keep whisking constantly until the milk begins to thicken (this will take approx. 5 mins). Then take your thickened bechamel off the heat and stir in a handful of your favourite grated cheese with some salt and pepper (this is your bechamel). Now its time to assemble - get a large oven proof dish. Start with a layer of ragu, followed by a layer of pasta sheets and then a layer of bechamel. Repeat until there is no more left. Top with another handful of grated cheese and put in the oven for at least 30 minutes (or until the cheese is golden and bubbling).

Serve with your side of rocket salad and enjoy!





*Chicken and Egg fried rice
with Salmon*

Main Meal

Serves : 2

Chicken & Egg fried rice with Salmon

Ingredients:

For the rice

- 1 x chicken breast
- 1 x cup of rice
- 2 x eggs
- 1 x medium onion
- 1 x medium carrot
- 1 x courgette
- A handful of green peas
- Salt, pepper, chicken seasoning, parsley and garlic granules

For the salmon

- 2 x salmon fillets
- Rosemary, chilli, garlic, honey



Chicken & Egg fried rice with Salmon

Method:


First things first, everybody cooks rice differently based on their culture or how they were taught, so I'm not going to tell you how to cook it - do what suits you! The only thing I will say is make sure you wash it before! I personally use a rice cooker. First cut up your chicken into roughly 1inch cubes and season. Now chop up all your veggies to the same size and fry them all in some oil. Add in your chicken and once everything's cooked, add in your rice. Then beat your eggs in a separate bowl, make a well in the middle of the rice and pour them in (make sure you stir in quickly). I like to add a maggi cube now for extra flavour but that's up to you.

Now the salmon.

Take a pan (a griddle one if you have it) and heat some oil. Whilst the oil is warming, season your salmon. Add to the pan skins side down first to get the skin crispy. Flip halfway through (pan fried salmon will take about 6 or 7 minutes depending on the size of the fillet). When its almost cooked, add a drizzle of honey.

Serve with some chopped parsley on top and enjoy!





*Creamy king prawn
linguine*

Main Meal

Serves : 2

Creamy king prawn linguine

Ingredients:

- 1 x packet of raw, peeled king prawns
- 200g x linguine pasta
- 1 x medium onion
- 2 x cloves of garlic
- 1 x bag of baby leaf spinach
- A handful of cherry tomatoes
- 2 x table spoons of double cream or crème fraiche
- Salt, pepper, mixed herbs, paprika, maggi, chilli flakes

Method:

First season up your prawns with your maggi, salt and pepper and let them marinate for a while (feel free to enjoy a cold drink whilst you wait). Chop up your onion and crush your garlic and fry both in some oil. Once the onions have softened, add your prawns and tomatoes. In a separate saucepan, put your linguine on to boil (add some oil in the pan so it doesn't stick together). Keep an eye on your prawns, as they cook very fast - once they are pink all over, they're cooked! Now add your double cream/crème fraiche and stir. Lower the heat and add your cooked pasta with a splash of the pasta water. Add your spinach and once its wilted its ready (this will take 30 seconds).

Top with some chilli flakes and enjoy!





Honey-garlic lamb with
roasted vegetables

Main Meal

Serves : 2

Honey-garlic lamb with roasted vegetables

Ingredients:

For the lamb

- 6 x lamb chops
- 2 x cloves garlic
- Honey, maggi, all purpose, mixed herbs, parsley

For the vegetables

- 1 x sweet potato
- 1 x courgette
- 1 x medium onion
- 1 x aubergine
- ½ x red pepper
- A handful of broccoli



Honey-garlic lamb with roasted vegetables

Method:

First, pre-heat your oven to 180 degrees. Grab a large bowl and add in some olive oil, your crushed garlic cloves, maggi cube, all purpose, mixed herbs and parsley. Give it a stir and add your lamb chops. Make sure they're all coated in the marinade and set to one side.

Now, cut up all your vegetables to roughly the same size. Add to a large baking tray and top with some olive oil, salt and mixed herbs. Now roast in the oven for around 40 minutes. If you're worried about your veggies burning, you can first cover with foil and remove the foil half-way through cooking. 10 minutes before your veggies are done, heat a large pan for your lamb. Once very hot, add your marinated lamb straight in and cook for approx 3 minutes on each side for a medium sear. Right before they're done, add a drizzle of honey for a hint of sweetness.

Take your veggies out the oven, serve up, and enjoy!





Turkish beef
and pea stew

Main Meal

Serves : 4 to 6

Turkish beef and pea stew

Ingredients:

- 400g of lean diced beef
- 4 x medium potatoes
- 1 x large onion
- 3 x medium carrots
- 2 x cloves of garlic
- 400g of frozen green peas
- 1 x tablespoon of tomato puree
- 1 x tin of chopped tomatoes
- 1 x knorr chicken stock pot
- Salt, pepper, cinnamon, paprika, cumin, bay leaf



Turkish beef and pea stew

Method:

Start by peeling your potatoes and carrots, chop your potatoes into quarters and carrots into roughly 6 chunks. Now roughly chop your onion and crush/finely chop your garlic. Heat some oil in a large and deep saucepan or casserole dish. Add your onions, and once they've softened add in your potatoes and carrots and cook for another 5 minutes.

Now add your garlic, and all your spices (roughly 1 teaspoon of each) and cook for another 3 to 4 minutes. Add your beef (you can use lamb if you prefer), and brown it off. Then add your frozen peas, tomato puree and chopped tomatoes and stir well for a few minutes. Re-fill your empty tin of tomatoes with hot water and pour into the pan with the stock pot and stir again. Put the lid on and cook for an hour.

Give it a stir every 20 minutes and top up with water if you think it needs it.

Serve with some white rice and enjoy!





Chicken burrito

Main Meal

Serves : 2

Chicken burrito

Ingredients:

- 1 x chicken breast
- 1 x packet of spicy/Mexican rice
- 4 x spring onions
- 1 x medium carrot
- 1 x red pepper
- 1 x tin of sweetcorn
- 1 x tin of red kidney beans
- 1 x avocado
- A handful of grated cheese
- Sour cream
- 2 x tortilla wraps
- 1 x beaten egg
- Salt, pepper, chicken seasoning & garlic granules



Chicken burrito

Method:

First, chop up your chicken into approx. 1-inch pieces and season. Now cut your carrot, pepper and onion to the same size. Fry your onions first, and once softened add the rest of your veggies and chicken pieces. Now you can add your packet of spicy rice or whatever rice you prefer into the pan along with the kidney beans.

Stir everything through and cook for 5 minutes. Now get a separate pan and heat your tortilla wraps for a few seconds on each side. Take off the heat and fill with your burrito mix, some grated cheese and avocado.

Wrap the burrito and seal the edges with the beaten egg wash so it no filling falls out. Add the stuffed burrito into the hot pan again and toast for a few minutes on each side.

Serve with sour cream and enjoy!





Surf and turf tacos

Main Meal

Serves : 2

Surf and turf tacos

Ingredients:

For the tacos

- 2 x beef rump steaks
- 300g raw king prawns
- Steak seasoning, chilli powder
- 4 x taco shells

For the green marinade

- 1 x large onion
- 2 x cloves fresh garlic
- 1 x tablespoon mayonnaise
- 2 x maggi cubes
- 2 x tablespoons crème fraiche
- large handful of fresh parsley
- Salt & pepper, fresh chilli
- Olive oil



Surf and turf tacos

Method:

Start by making your green marinade. Roughly chop the ingredients and add them all to a blender and turn on high. Blend until the marinade reaches a smooth consistency. If the marinade is too thick, add some more olive and a splash of water (you be the judge).

Now that the marinade is ready, cover the steak and the prawns in the marinade. Add some oil to a frying pan and begin to fry the steak (this will only take 4 - 5 mins for medium).

Set aside to rest and now do the same with the prawns (no need to use a different pan). When the prawns are pink all over, take them off the heat.

Cut up your steak into small bite-sized pieces. Warm your taco shells and fill them with your steak and prawns.

Top with some fresh chilli and parsley and enjoy!





Moroccan seabass
with couscous

Main Meal
Serves : 2

Moroccan seabass with couscous

Ingredients:

For the seabass

- 2 x large seabass fillets
- 1 x tablespoon of harissa paste
- Salt and pepper

For the couscous

- 110g of Moroccan couscous
- 1 x courgette
- 1 x red pepper
- 1 x medium red onion

Method:

Start by cutting up your vegetables into small pieces that are equal in size. Once chopped, cook in some olive oil, season to your liking and set aside. Now heat your grill to medium. Add your seabass fillets to a baking tray, season with salt & pepper and brush with the harissa paste. Cook under the grill for approximately 4 minutes or until they're cooked through. Now, there are a few different ways you can cook couscous, some do it in the microwave, some use stock, some just pour boiling water in a bowl and wait for it to cook. I personally just follow what it says on the packet! So, once you've cooked your couscous, add in your vegetables, and stir.

Serve your seabass and couscous and enjoy!





*Tuna steaks
with asparagus*

Main Meal

Serves : 2

Tuna steaks with asparagus

Ingredients:

- 2 x tuna steaks
- Soy sauce, sesame oil, honey, mirin, vinegar, salt, garlic powder
- 1 x bag of asparagus tips

Method:

Start by whisking together your soy sauce, honey, sesame oil, mirin, vinegar, salt and garlic powder (you'll notice I haven't put measurements in this one, add however much feels right, taste as you and adjust to your liking).

Now make a silver foil parcel for your asparagus and season with salt and pepper and a small amount of butter. Close the parcel so nothing can escape and put into a pre-heated oven for 10 minutes. Whilst your asparagus is cooking, add some oil to a hot pan and sear your tuna.

Cook 3 minutes per side for medium (this is how I prefer to eat it). Once the tuna is seared on all sides, remove from the heat and allow to rest for a few minutes - now your asparagus should be done.

Thinly slice your tuna and serve with your asparagus and a side of soy for dipping - enjoy!





Air fryer chicken breasts

Main Meal

Serves : 4

Air fryer chicken breasts



Ingredients:

- 4 x chicken breasts
- Salt, garlic granules, paprika, mixed herbs, pepper

Serving suggestion: your favourite rice or grains, or load up on your greens and salad.

Method:

This is probably one of the easiest things to cook in this entire e-book which is why I love it, and with what seems like the whole world owning an air fryer now, I had to include it. It's the typical quick, everyday food and can be paired with anything. First, get a large mixing bowl and add your oil and seasonings and mix it all together. Add your chicken breasts to the bowl and make sure they're coated well - leave for 10 minutes or up to a few hours in the fridge (the choice is yours). Turn on your air fryer to 180 degrees and add your chicken into the basket. Cook for approx. 18 minutes and turn halfway through.

Serve with your side of choice and enjoy!



Stuffed peppers
vegetarian/vegan

Main Meal

Serves: 2

Stuffed peppers vegetarian/vegan



Ingredients:

- 2 x large red bell peppers
- 2 x servings of your favourite rice
- 1 x tin of sweetcorn
- 1 x tin of black beans
- 1 x tin chopped tomatoes
- 1 x medium red onion
- Salt, pepper, garlic, mixed herbs, chilli powder, cumin
- A handful of grated vegan cheese (optional)

Method:

First, prep your peppers. Cut them in half and remove the seeds. Preheat your oven to medium and grab a large wide based pan and heat some olive oil. Roughly chop your onion and start to fry. Add your sweetcorn, black beans, rice, chopped tomatoes and all your seasoning. Stir until combined and cook on a medium heat for around 10 minutes or until all the flavours have come together (taste as you go!) Fill your peppers with the rice and vegetable mix and top with some vegan grated cheese. Place your stuffed peppers in baking tray and bake in the oven for around 25 minutes or until the peppers have started to soften.

Serve with some fresh parsley on top and enjoy!



*Chinese stir fry
vegetarian/vegan*

Main Meal

Serves : 2

Chinese stir fry vegetarian/vegan



Ingredients:

For the noodles

- Noodles of your choice
- 1 x square inch of chopped ginger
- 1 x yellow pepper
- 1 x medium red onion
- A handful of tender stem broccoli
- A handful of unfrozen soya beans

For the sauce

- 1 x garlic clove
- 1 x rice vinegar
- 2 x tbsp tomato puree
- 1 x tsp tamari
- 1 x tsp five spice
- 2 x tbsp peanut butter

Method:

Start by making your sauce. Finely chop/grate your garlic clove and mix in a bowl with the other sauce ingredients. If you are struggling to combine the ingredients or the sauce is too thick, add some boiling water. Now grab a large pan or a wok and heat some oil. Cook your ginger and finely sliced vegetables and stir fry until they have softened slightly. Add the noodles to the pan stir for another minute or two and now add your sauce. Stir well for another few minutes, adding a splash more water if necessary.

Top with some sesame seeds and enjoy!



Vegetable soup

Main Meal

Serves : 4

Vegetable soup

Ingredients:

For the ragu

- 400g x your favourite mixed vegetables (carrots, celery, broccoli, peppers)
- 600g x potatoes
- 1litre of vegetable stock
- 2 x medium onions
- Salt, pepper, chilli, all purpose, garlic, paprika, chilli oil

Method:

Roughly chop all your veggies and potatoes to the same size. Use a large deep pan to fry them all in some oil for about 10 minutes until they have began to soften. Add your salt, pepper, all purpose, chilli, garlic and paprika now to de glaze the bottom of the pan, and stir for another few minutes. Add your stock and bring to the boil.

Simmer for 25 minutes and switch off the heat. Now use a blender to mix everything together into a smooth consistency.

Top with a drizzle of chilli oil and enjoy!





Vegetarian Mediterranean skewers

Main Meal

Serves : 2

Vegetarian Mediterranean skewers



Ingredients:

- 1 x red pepper
- 1 x green pepper
- 1 x medium red onion
- 1 x courgette
- A handful of cherry tomatoes
- 1 x packet of halloumi (replace with tofu/vegan cheese/soy protein to make vegan)
- Olive oil, salt, pepper, mixed herbs, garlic granules
- A few wooden kebab skewers

Method:

Another super quick and easy dish here for those who don't have a lot of time to spare. I make these often on their own for a light lunch or bulk it up with some rice for a larger main meal. Cut up all your veggies into 1 or 2 inch squares (except your cherry tomatoes, leave those whole). Cut up your halloumi/alternative to the same size and layer onto the kebab skewer with the veggies. Mix some olive oil, salt, pepper, mixed herbs and garlic granules in a bowl, and brush over the skewers.

Grill on a medium heat, turning occasionally for 10 minutes and they're ready to enjoy!



Vegan fried "chicken"

Main Meal

Serves : 2

Vegan fried "chicken"

Ingredients:

- Oyster mushrooms
- Flour, paprika, garlic powder, salt, onion powder, turmeric, cayenne pepper, black pepper and mixed herbs

Method:

My all-time favourite veggie recipe and again super quick. Grab a large bowl and mix your flour and all your seasoning. I haven't included measurements here again because I just go with wat fee right. However, the key when making a flour based batter, if you think you've added enough seasoning, add some more, then you're set. In a separate bowl, combine some of the flour mix with some water to create your wet batter (we use this instead of eggs or buttermilk to ensure it remains vegan). Dip your oyster mushrooms first into the wet batter and then the dry batter - REPEAT!

Now time to fry - place your mushrooms into a deep pan of very hot oil (vegetable, rapeseed or canola is fine) for a few minutes or until golden brown all over. Be careful not to do too many at once to ensure they cook through properly.

Serve with your favourite sides or dipping sauces and enjoy!





Desserts & Snacks

In this section you will find a few of my favourite desserts and snacks - the majority of which don't require any cooking or baking at all,

you're welcome!

Like I've said before, there is no reason you cannot enjoy everything, as long as its in moderation. I don't like the thought of depriving yourself of the foods that you like, remember, food is fuel and should be enjoyed!

I also don't believe in good days and bad days or cheat meals, I don't think this is sustainable long term, which is why small, regular treats will keep you on track to reach your health goals.

Enjoy these before a workout for an energy boost, or after a workout for a reward (or just whenever you need something sweet to keep you going).



No bake vegan
banoffee pie

Desserts & Snacks

Serves : 6 to 8

No bake vegan banoffee pie

Ingredients:

- 400g x lotus biscoff biscuits
- 100g x vegan melted butter
- 1 x tin of vegan condensed milk
- Some grated vegan dark chocolate to sprinkle on top
- 2 x bananas
- 2 x cans of coconut milk
- 80g x icing sugar

Method:

First you will need to put both cans of coconut milk in the fridge for at least an hour before starting. Now, you will need a roughly 9inch round tart tin that has a loose base. Crush your biscuits completely and add your melted butter. Stir this together then push this out evenly into the tart tin base and along the sides too and set in the fridge. With the vegan condensed milk, you can heat this over a low heat until it starts to caramelize. As an alternative, you can also purchase ready-made vegan caramel/toffee pots (alpro do some good ones) which work just as well. Top your biscuit base with the cooled caramel/toffee alternative and now place your sliced bananas on the top. Remove your coconut milk cans from the fridge now. You will notice the cream has hardened at the top, this is the only part we will be using, so scoop these out into a mixing bowl. Combine with your icing sugar and spread evenly on top of the bananas.

Top with some grated vegan chocolate and enjoy!





Eton mess

Desserts & Snacks

Serves : 2

Eton mess

Ingredients:

- 2 x meringue nests
- A mixture of fresh strawberries, blackberries and raspberries
- ½ x pot of low fat or sugar free cream

Method:

This is super and quick and easy and enjoyed best in the summer in my opinion. Break up your meringue nests leaving some more chunkier pieces (you can make these yourself but I buy them ready-made for ease). In a separate bowl, whisk your cream until it thickens (this can take up to 5 minutes). Now simply put it all together, the meringue, the fruit and the cream.

Serve and enjoy!





*Chocolate, fruit
and nut bark*

Desserts & Snacks

Serves : Makes 8 to 10 large slices

Chocolate, fruit and nut bark

Ingredients:

- 225g x of your favourite chocolate (white, dark, vegan)
- 75g x raisins
- 50g x dried apricots
- 100g x your favourite nuts (pistachios, almonds, hazelnuts)

Method:

First you will need to line a large baking sheet with parchment/baking paper. Turn the oven on to the lowest setting (around 50 degrees) and let it get to temperature. Place your chocolate on the baking tray and put in the oven to melt for 10 minutes. Keep a close on it, so it doesn't burn, it may take more or less time depending on what chocolate you are using. When its slightly melted, remove and swirl with a knife to ensure its even. Now add your toppings (your dried fruits and nuts) and place the baking sheet in the fridge for a couple of hours to set.

Now you can break into pieces and enjoy for yourself or share with your friends and family.





Snickers dates

Desserts & Snacks

Serves : Makes 10

Snickers dates

Ingredients:

- 10 x medjool dates
- A handful of unsalted peanuts
- Almond or peanut butter
- 100g x melted ark chocolate
- Coarse sea salt

Method:

First you will need to open up the dates and remove the stone (no one wants to eat that). Fill each date with about a teaspoon of your chosen nut butter and a few crushed peanuts. Now you can either dip the filled dates whole in the melted chocolate, or drizzle some on top (the choice is yours). Sprinkle each date with some sea salt whilst the chocolate is still wet and now put them in the fridge to set for an hour.

The perfect post-workout treat, enjoy!





*Protein peanut butter
and chocolate cups*

Desserts & Snacks

Serves : Makes 12

Protein peanut butter and chocolate cups

Ingredients:

- Smooth peanut butter
- 2 x scoops protein powder
- 700g x dark chocolate
- 2 x tbsp coconut oil

Method:

First you will need a muffin or cupcake tray with 12 holes and place a cupcake liner in each section. Now get a mixing bowl and mix together your protein powder and peanut butter until smooth (you will need roughly a small tablespoon of peanut butter per cup, so 12 in this case). In a separate bowl, break up your chocolate into small pieces and add your coconut milk - melt this in the microwave but check every 20 to 30 seconds so its not separating or burning. Now time to assemble. Put a tablespoon of the chocolate mixture into the paper casings and put the tray into the fridge or freezer for it to harden. Once set, add a spoon of your peanut butter mixture and top with the remaining chocolate.

Chill them in the fridge for a couple of hours and they're ready to enjoy!





Easy protein brownies

Desserts & Snacks

Serves : Makes 12 slices

Easy protein brownies

Ingredients:

8 x ripe bananas
270g x peanut or almond butter
150g x cocoa powder
2 x scoops protein powder
250g x melted dark chocolate
Chopped nuts (optional)

Method:

Start by pre-heating your oven to 180 degrees. Now get a square oven proof dish or baking tray and line with parchment/baking paper. Combine your ripe bananas (if they're starting to brown that's even better), nut butter, cocoa powder and protein powder in a large bowl, ensuring there are no powdery chunks left (banana chunks are ok - delicious in-fact!) Pour the mixture into the lined baking tray and bake in the oven for around 18 minutes.

Once they have cooled slightly, drizzle the melted chocolate and nuts over the top, serve and enjoy!





Peanut & banana rice cakes

**SPREAD YOUR FAVOURITE NUT BUTTER
OVER A RICE CAKE
AND TOP WITH SLICED BANANA**

Desserts & Snacks

Yoghurt bowl

**LOW FAT OR GREEK YOGHURT
MIXED WITH FRESH BERRIES,
A FEW PISTACHIOS
AND TOPPED WITH SOME HONEY**

Desserts & Snacks





Home-made plantain chips

**MAKE SURE YOUR PLANTAIN
IS SUPER RIPE, THINLY SLICE
AND PUT IN THE AIR FRYER FOR 10
MINUTES - HEALTHY AND OIL-FREE**

Desserts & Snacks

Protein ice-cream

**BLEND 2 FROZEN BANANAS WITH
A SCOOP OF PROTEIN POWDER AND
MIX WITH ANY FRUIT OF YOUR CHOICE.
TOP WITH SOME ALMONDS
FOR AN ADDED CRUNCH**

Desserts & Snacks





Apples with nut butter

**SLICE YOUR APPLE, AND
SERVE WITH A SIDE OF NUT BUTTER
- IT'S THAT SIMPLE**

Desserts & Snacks

Recipes E-book by Noah Jr

Hope You Enjoyed.



2023