



MHCOACHING

RECIPE BOOK

EAT THE DISHES YOU LOVE WHILE GETTING IN SHAPE!

WHAT ARE THE MACRONUTRIENTS?

Most foods we eat contain 1 or more of the macronutrients: carbohydrates, fat and protein. so which is which?

CARBS

Carbohydrates are what the body uses as its primary source of energy. Think of it like petrol in a car. Some good examples of foods rich in carbs to include in your diet are:

- rice
- pasta
- bread (white or brown)
- bagels
- potato (white or sweet)
- rice based cereal
- wheat based cereal
- quinoa
- jam
- fruit
- honey
- sugary products like sweets or baked goods

WHAT ARE THE MACRONUTRIENTS?

FATS

fats are also used as fuel for the body but nowhere near the same extent as carbs. The key benefits of fats within the body are to help your body absorb nutrients, support cell function, reduce inflammation and protect your organs. they also have positive affects on your cholesterol and blood pressure.

Some good examples of fats to have within your diet are:

- oily fish
- butter
- fatty red meat
- egg yolk
- olive oil
- avocado
- coconut oil
- nuts
- nut butter

Fats are largely linked with obesity purely because they have more calories per gram than any other macronutrient, but they are by NO MEANS bad for you. On the contrary fats are very much essential to keeping the body healthy and should be a vital part of your diet.

WHAT ARE THE MACRONUTRIENTS?

PROTEIN

Protein is the macronutrient that is used by the body to help build muscle via a process called protein synthesis. It is also important for bone health and increasing metabolism. Some good examples of protein rich foods are:

- white meat like chicken or turkey
- red meat like steak, mince, lamb, venison
- fish such as cod, tuna and salmon
- seafood like prawns and lobster
- eggs
- cows milk
- whey protein powder and other protein supplements like protein bars
- cottage cheese
- natural greek yoghurt
- vegetarian meat replacement foods like quorn and tofu

BREAKFAST MEALS

A lot of us skip breakfast as we are rushed in the morning or don't have much of an appetite. the issue with this is that it then leads us into bad habits with meal timings and also makes us hungry later on in the day so we are more likely to snack and go over our calories. keeping breakfast meals quick and simple is a good way to make sure you dont skip them..

OVERNIGHT OATS

probably one of the easiest meals as you make it the night before!

add 30g oats to a glass or jar, add 150-200g fat free greek yoghurt, add in some peanut butter and whey powder for extra flavour and mix it all together. You can add some oat milk too. leave it in the fridge over night and then finish with some banana, honey and cinnamon the next day. This is also great if you have a sweet tooth.



BREAKFAST MEALS

PROTEIN PORRIDGE

another quick one in the morning! for ultimate simplicity and low calories, add your oats to a bowl, then add a small amount of boiling water. stir it until it becomes a porridge consistency. lastly add a scoop or 2 of whey protein powder and mix that in until all powder is mixed in fully. Lastly add 20g or so of smooth peanut or almond butter and stir that in too.

you can also make it using oat milk and microwave it, and add fruit, honey and dark chocolate as healthy additives to make the meal different. The choice of whey powder will be crucial to the taste of the meal, I prefer a lighter more creamy flavour personally like vanilla, cereal milk or biscuit flavour.



BREAKFAST MEALS

EGGS ON TOAST!

one of my staple meals for years every morning has been eggs and bread. It's great for variety as you can make your eggs so many different ways. Poached egg on wholemeal bread with avocado, fried eggs on a bagel with ketchup, scrambled egg on sourdough bread with hot sauce on, omelette with spinach and cheddar cheese and potato. There are so many options by just using eggs, a couple slices of your favourite bread, and some sauce or veggies.

I have also loved chicken sausages and lean bacon sandwiches as a breakfast choice in the past too!



LUNCH/DINNER MEALS

It's advisable to prep 2 meals the same for lunch and dinner if you know you have a busy day and won't have time to cook two individual meals. Meal prep really is key to staying on track

HOMEMADE BURGERS

the best way to curb cravings when on a diet is to make meals that you would usually crave or go out to eat in a restaurant. You can make healthy homemade burgers using lean beef mince, finely chopped onion, egg white and a little breadcrumb. Mould it into a patty and leave in the fridge for 5-10 mins to set, then shallow fry it in a pan, toast a bun or bagels on the pan swell and add a little cheddar and salad, finished with low fat mayo and reduced sugar ketchup.

Even easier still... most supermarkets sell reduced fat beef burgers readily made at roughly 150cal a patty. Ribeye or fillet steak also goes great with bagels or some home cooked potato wedges done in the air fryer (which is an absolute game changer if you have one).



LUNCH/DINNER MEALS

TUNA MAYO SANDWICH THINS

great if you're short on time, just mix up your drained tuna in a bowl with chopped onion, cucumber and red pepper, add some salt and pepper and a couple tablespoons of low fat mayo. serve on a leaf of gem lettuce between 2 sandwich thins or bagel thins.

Tuna mayo is also great on jacket potato, in a tortilla wrap or simply add the tuna to some tomato-based pasta sauce and have as a pasta dish.

Another quick lunch idea - especially if you are staying in a hotel or are on the go, is cooked chicken breast from the cold meat section in the supermarket, added to a pitta bread or tortilla wrap with some salad and light mayo, tzatziki or franks buffalo sauce.



LUNCH/DINNER MEALS

CHICKEN PASTA

I will prefix this with - you can use any meat/meat replacement like quorn eat. Prawns and beef mince also go great in this dish. Pan fry your meat with a little garlic and chilli (this is pretty much how I start almost every meat dish) use fry light spray for less calcs. add in chopped chicken (mini breast fillets taste better) and add some seasoning, paprika and italian herbs go well with the pasta. Once meat is almost cooked through, add any tomato based pasta sauce and stir it in on a low heat, then finally add the pasta or serve the meat and sauce over the pasta. Corriander, salt and pepper finish any pasta or rice dish well.

You can also do the same thing with rice instead, or use gluten free pasta if you have a gluten intolerance.

Spinach is also great to add in while chicken is cooking.



LUNCH/DINNER MEALS

CHILLI CON CARNE

probably one of my favourite dishes that I can happily eat every day. Pan fry your beef mince in a little garlic and onion, add chilli powder then add the chilli con carne sauce (100g for 200g meat). stir it on a low heat for 5-10 mins then serve with your rice. I also add jalapenos and sometimes a little greek yoghurt to finish it off.

You can also make a curry in the same way, using any lamb or chicken thigh or breast. Cook the meat in the same way, adding curry powder and some chopped tomatoes. once meat is almost cooked through, add the low fat curry sauce (madras and jalfrezi are typically low calorie) and cook it on a low heat.

finish again with coriander, greek yoghurt and sliced cucumber, onion and tomato. Spinach is also great when cooked into the curry and the pasta dishes.



PRE WORKOUT

You want to always aim to eat your pre workout meal 60-90 mins before training so it properly digests in time for your session. You want high protein and easy to digest carbs. You can slow down the absorption of carbs and protein by adding a little fat in there too.

Typically I like to have sweeter meals for pre that aren't gonna repeat on me when training. cereal, oats, rice krispy squares bars, bagels, cream of rice are all great carb sources. Then for my protein source a good whey isolate in water is perfect as it goes down quick and digests well.

A few of my frequent pre workout meals are:

- bagels with jam and peanut butter with whey
- cream of rice with whey and dark chocolate
- oats with banana whey and honey
- cereal with whey and peanut butter
- blueberry muffins with whey

